



[Manuals.plus](#) /

› [Optimum Nutrition](#) /

› Optimum Nutrition Essential Amino Energy Instruction Manual - Fruit Fusion (Model 1043769)

Optimum Nutrition 1043769

Optimum Nutrition Essential Amino Energy Instruction Manual

FRUIT FUSION (MODEL 1043769)

Introduction

This manual provides essential information for the safe and effective use of Optimum Nutrition Essential Amino Energy, Fruit Fusion flavor. This dietary supplement is designed to support active lifestyles by providing energy, focus, and muscle recovery.

***Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Product Overview

Optimum Nutrition Essential Amino Energy is a versatile supplement formulated to provide a blend of amino acids and natural caffeine sources. It is suitable for consumption at various times throughout the day to support different needs.

- **Amino Blend:** A precisely balanced mix of amino acids to assist in muscle recovery.
- **Energy Blend:** Contains 100mg of caffeine per serving, derived from natural sources like Green Tea and Green Coffee Extract, to help boost energy and maintain focus.
- **Mental Focus:** The unique formula contributes to enhanced mental focus, aiding concentration during daily tasks or workouts.
- **Any-Time Formula:** Designed for flexible use, whether for morning energy, afternoon productivity, or pre/post-workout support.

Ingredients & Nutrition Facts

Below is a detailed breakdown of the ingredients and nutritional content per serving.



AMIN.O. ENERGY Powder Fruit Fusion

Supplement Facts

Serving Size 9 g (About 2 Scoops)
Servings Per Container 65

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	0 g	**
Sodium	15 mg	1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine, Micronized L-Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine Hydrochloride, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine		
Caffeine†	100 mg	**
Green Tea Leaf Extract	50 mg	**
Green Coffee Bean Extract	10 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavor, Inulin, Beet Juice Powder (color), Tartaric Acid, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Sunflower and/or Soy Lecithin, Yellow 5 and 6.

Image: Supplement Facts panel detailing nutritional information per serving.

Amino Blend (5g per serving):

- Micronized Taurine
- Micronized L-Glutamine
- Micronized L-Arginine
- Micronized L-Leucine
- Beta-Alanine
- Micronized L-Citrulline
- Micronized L-Isoleucine
- Micronized L-Valine
- Micronized L-Tyrosine
- Micronized L-Histidine

- Micronized L-Lysine Hydrochloride
- Micronized L-Phenylalanine
- Micronized L-Threonine
- Micronized L-Methionine

Caffeine Sources:

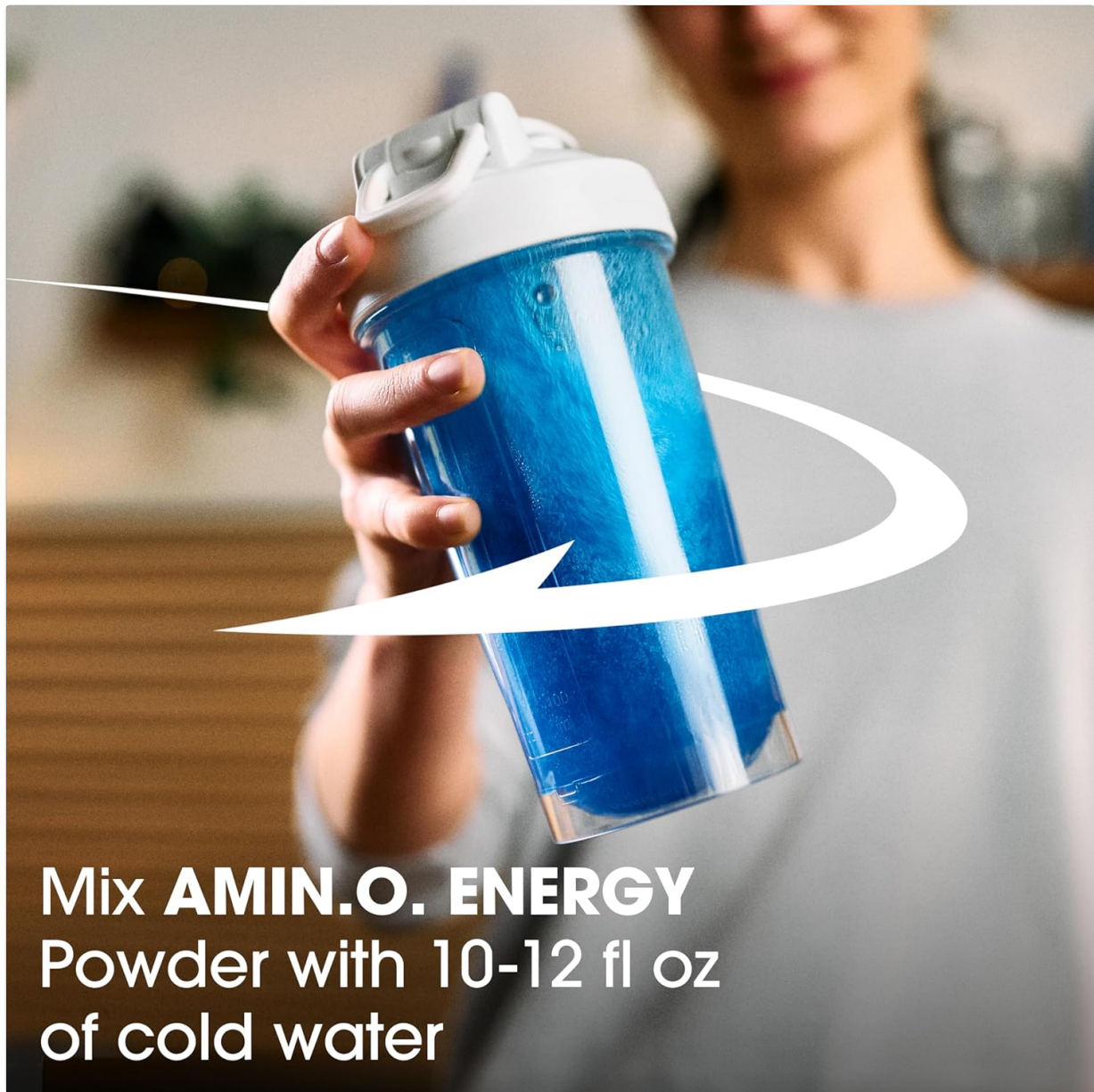
- Caffeine: 100 mg
- Green Tea Leaf Extract: 50 mg
- Green Coffee Bean Extract: 10 mg

Other Ingredients:

Natural and Artificial Flavor, Malic Acid, Citric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Tartaric Acid, Sunflower and/or Soy Lecithin, Beet Juice Powder (color), Inulin. Contains: Soy.

Usage Directions

Mix two scoops of ESSENTIAL AMINO ENERGY in 10-12 oz of cold water. Adjust the number of scoops based on your desired energy level and amino intake.



Mix **AMIN.O. ENERGY** Powder with 10-12 fl oz of cold water

Image: Mixing two scoops of Essential Amino Energy powder with 10-12 fl oz of cold water in a shaker bottle.

Recommended Usage:

- **For an Amino Acid Boost:** Consume one or more servings first thing in the morning and/or between meals.
- **For Pre-Workout Energy:** Take 1-3 servings 20-30 minutes before training.
- **For Post-Workout Recovery:** Take 1-2 servings immediately after training.

Adjusting Energy Levels:

The caffeine content can be adjusted by varying the number of scoops:

- **Mild (2 scoops):** 5 grams Amino Level, 100 mg Caffeine
- **Moderate (4 scoops):** 10 grams Amino Level, 200 mg Caffeine
- **Intense (6 scoops):** 15 grams Amino Level, 300 mg Caffeine

Stackable energy

			
SCOOP #			
CAFFEINE	100 MG	200 MG	300 MG
8oz COFFEE			

Image: A visual guide to adjusting caffeine intake by using 2, 4, or 6 scoops of Essential Amino Energy, comparing it to the caffeine content in 8oz of coffee.

Safety Information & Warnings

Your health and safety are paramount. Please read and adhere to the following guidelines:

- Consult your qualified physician before using this product.
- Not for use by individuals under the age of 18 or those sensitive to caffeine.
- Do not consume caffeine from other sources while taking this product.
- Allergen Information: Contains Soy (Lecithin).
- Two scoops of this product contain 100mg caffeine.
- Do not exceed more than 6 scoops within any 4-hour period.
- Do not exceed 10 scoops per day.
- Do not combine with alcohol.
- Contains: Milk and Soy.

Legal Disclaimer:

WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov/food.

Product Specifications

Feature	Detail
Brand	Optimum Nutrition
Model Number	1043769
Flavor	Fruit Fusion
Primary Supplement Type	Branch Chained Amino Acids
Unit Count	20.6 Ounce (65 Servings)
Item Form	Powder
Item Weight	1.29 Pounds
Product Dimensions (L x W x H)	4.96 x 4.96 x 6.8 inches
Special Ingredients	Branched-Chain Amino Acid, Green Tea Leaf Extract
Diet Type	Keto
Product Benefits	Energy Management, Muscle Recovery, Focus

Product Visuals

Images:

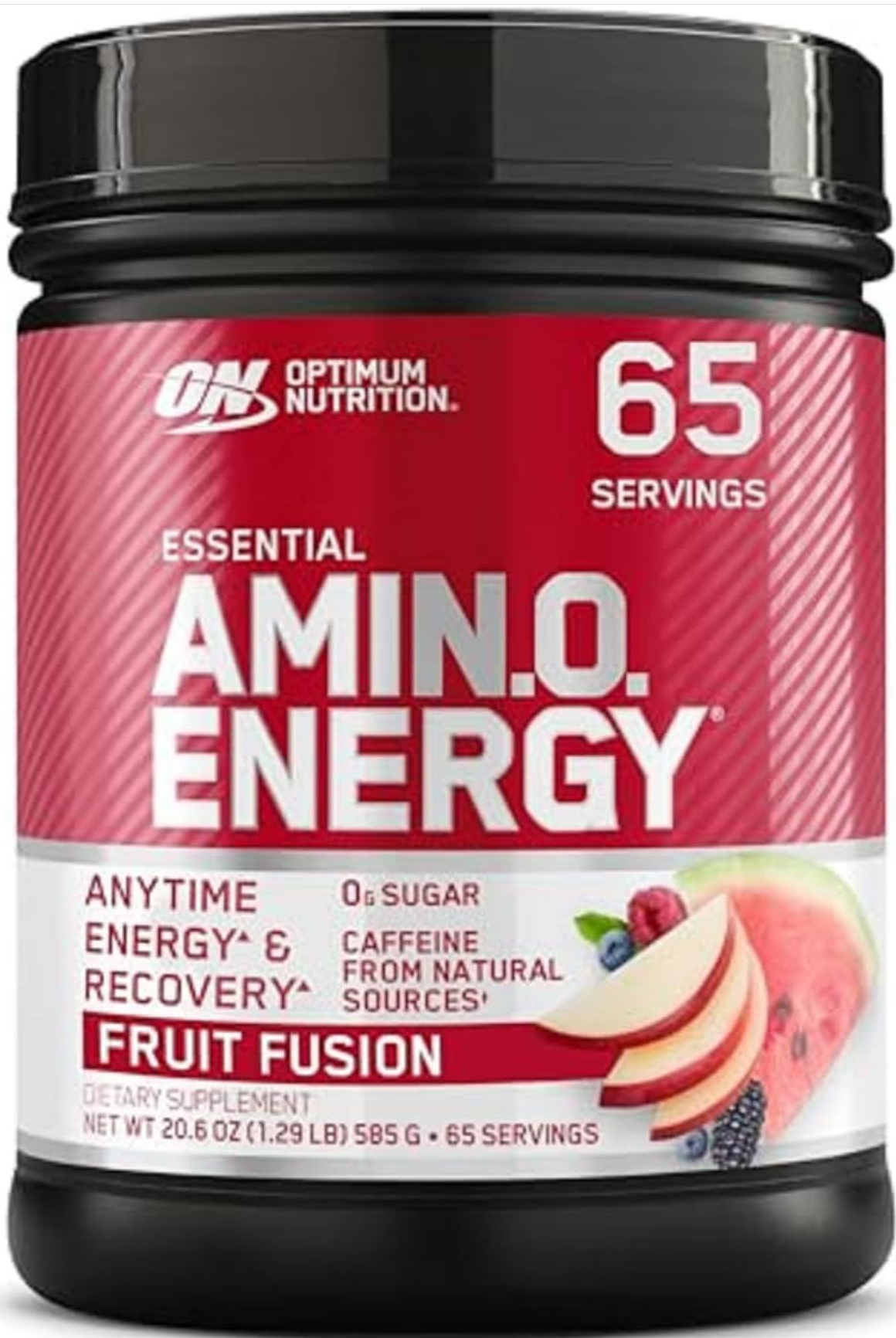


Image: Front view of the Optimum Nutrition Essential Amino Energy container in Fruit Fusion flavor, highlighting 65 servings.

100mg
CAFFEINE PER
SERVING

0 SUGAR

5g
AMINO ACIDS
PER SERVING

5
CALORIES
PER SERVING

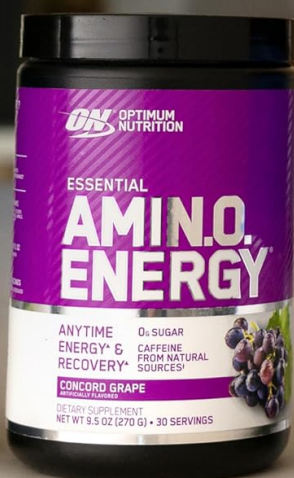


**DELICIOUS
FRUIT FUSION
FLAVOR**

Image: Product container with callouts for 100mg Caffeine, 0 Sugar, 5g Amino Acids, and 5 Calories per serving, emphasizing the delicious Fruit Fusion flavor.

Amino Acid Blend

5_g
AMINO ACIDS
PER SERVING



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Image: A close-up of the product highlighting the 5g Amino Acids per serving, with various flavors of Essential Amino Energy containers in the background.

Anytime energy

0^g SUGAR PER SERVING

100^{mg} CAFFEINE FROM NATURAL SOURCES

Image: Collage showing individuals using Essential Amino Energy for exercise, morning wake-up, and afternoon pick-me-up, emphasizing 0g sugar and 100mg caffeine from natural sources.

Videos:

No official product videos from the seller were available for embedding in this manual.

Troubleshooting

If you encounter any issues with your Optimum Nutrition Essential Amino Energy, consider the following:

- **Mixing Issues:** Ensure you are using the recommended 10-12 oz of cold water per two scoops. Stir or shake vigorously for at least 30 seconds until fully dissolved.
- **Jitters or Over-stimulation:** Reduce the number of scoops per serving. Do not exceed recommended daily intake or combine with other caffeine sources.
- **Lack of Desired Effect:** Ensure consistent use as part of a healthy diet and exercise program. Adjust serving size as needed, adhering to maximum daily limits.
- **Allergic Reaction:** Discontinue use immediately and consult a physician. Review the ingredients list for known allergens.

Storage and Maintenance

To maintain the quality and freshness of your Optimum Nutrition Essential Amino Energy, follow these guidelines:

- **Storage:** Store in a cool, dry place away from direct sunlight and moisture. Keep the container tightly closed when not in use.
- **Handling:** Always use a clean, dry scoop to prevent moisture from entering the powder.
- **Shelf Life:** Refer to the expiration date printed on the container. For best results, consume before this date.

Warranty & Support

For product-related inquiries, support, or information regarding potential warranties, please contact Optimum Nutrition directly through their official website or customer service channels. Refer to the product packaging for specific contact details.

Optimum Nutrition is committed to providing high-quality products. If you have any concerns about the product's quality or performance, please reach out to their support team for assistance.