

BEYOND THE BASICS

- Micronised Free Form Amino Acids, Including Essential BCAAs.
- Low Calorie: Only 30 kcal Per Serving.
- Contains Caffeine From Natural Sources.
- Suitable for Use Before, During or After Workout.

DIRECTIONS: Mix ½ a packet (9 g) with 330 ml of cold water until powder is completely dissolved. Recommended consumption of 1 serving per day before, during or after your workout.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE. ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS 18 YEARS OF AGE AND OLDER. NOT RECOMMENDED FOR THOSE THAT ARE SENSITIVE TO CAFFEINE OR BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT. BETA ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION. DO NOT CONSUME WITH ALCOHOL.

NOTE: To be used in the framework of a varied and balanced diet and a healthy lifestyle. Food supplements are not to be used as a substitute for a varied diet. Do not exceed recommended daily dose. Keep out of reach of children.

STORE IN A COOL, DRY PLACE

BEST BEFORE END / BATCH NUMBER



FPO UPC



5060469983288

ON:
4 Waterside,
Citywest
Business
Campus,
Dublin 24,
Ireland

VI 328.0116EN
6041529



OPTIMUM
NUTRITION

COLA
FLAVOUR

ESSENTIAL AMINO.O. ENERGY®

USE ANYTIME TO SUPPORT: • ESSENTIAL AMINO ACID DELIVERY
• ENERGY*
• IMPROVED FOCUS*

ZERO
SUGARS

2

SERVINGS

- ▲ Vitamin C contributes to normal energy-yielding metabolism
■ Caffeine contributes to increased alertness and improved concentration
Contains caffeine (100 mg / serving). Not recommended for children or pregnant women.

NET WT 18 g (0.6 oz) e

COLA FLAVOUR READY TO MIX AMINO ACID FOOD SUPPLEMENT POWDER
WITH CAFFEINE AND VITAMIN C, WITH SWEETENERS.

NUTRITION INFORMATION

Serving Size: 1/2 Sachet (9 g)
Servings Per Sachet: 2

Typical Values	Per 9 g
Energy	131 kJ / 30 kcal
Sugars	0 g
Vitamin C	24 mg (30%*)
Amino Acids	5.0 g
L-Glutamine	1000 mg
Taurine	500 mg
L-Arginine	500 mg
Beta-Alanine as CarnoSyn®	350 mg
L-Tyrosine	250 mg
L-Histidine	200 mg
L- Lysine Hydrochloride	200 mg
BCAAs	2.0 g
L-Leucine	1000 mg
L-Isoleucine	500 mg
L-Valine	500 mg
Caffeine	100 mg
Green Tea Extract	100 mg
Green Coffee Extract	25 mg

* % Reference Intake

INGREDIENTS: Amino Acid Blend (L-Glutamine, L-Leucine, L-Arginine, Taurine, L-Isoleucine, L-Valine, Beta-Alanine as CarnoSyn®, L-Tyrosine, L-Histidine, L-Lysine Hydrochloride, Emulsifier: SOY Lecithin), Acidity Regulators (Citric Acid, Malic Acid, Tartaric Acid), Flavouring, Malted BARLEY Extract [GLUTEN], Inulin, Sweeteners (Sucralose, Acesulfame K), Thickeners (Cellulose Gum, Xanthan Gum, Carrageenan), Anti-Caking Agents (Silicon Dioxide, Calcium Silicate), Green Tea Extract (*Camellia sinensis*, leaf), Natural Caffeine, L-Ascorbic Acid, Green Coffee Extract (*Coffea arabica* L., fruit).

FOR ALLERGENS SEE INGREDIENTS CAPITALISED AND BOLD.
May Contain: Milk, Egg, Nuts and Peanuts.



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MADE IN THE EU



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