

## THE ES FIT STORY

We're on a mission to help people become stronger every day. We've taken an innovative approach to nutrition and packed all our expertise and passion into this line of supplements. Our supplements deliver the perfect blend of nutrition and taste. We use only the highest quality ingredients and each product is third party tested so you can use them with confidence to reach your fitness goals.

## KEY FEATURES

5 grams of powerful essential amino acids which are the building blocks of muscle growth and assist in muscle recovery. With a kick from an energy blend to help deliver focused energy.\*

**\*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.**



**muscle  
growth**



**energy  
boost**



**better  
recovery**



# ESFiT

# AMINO+



NATURALLY/ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

360g (12.7oz)

## Supplement Facts

Serving Size: 9g (1 Scoop)

Servings Per Container: 40

Amount Per Serving	%Daily Value**
Calories 5	
<b>Total Carbohydrates</b>	3 g 1%
Dietary Fiber	2 g 8%
Vitamin A	186 IU 4%

**Amino Blend** 5000 mg \*\*  
(Taurine, L-Glutamine, L-Arginine, L-Leucine,  
L-Valine, L-Isoleucine, L-Citrulline, L-Tyrosine,  
L-Theanine, L-Histidine, L-Lysine HCl, L-Threonine)

**Energy Blend** 175 mg \*\*  
(Caffeine, Theobromine, Green Tea Extract)

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

† Daily Value not Established

**Ingredients:** (Chicory Root Powder) Inulin, Malic Acid, Natural & Artificial Flavors, Sucralose, Silicon Dioxide, Citric Acid, Acesulfame Potassium, Beta Carotene, Vegetable Juice Color.

Distributed by Shake This  
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**WARNING:** As with any supplement, consult your doctor before use. Do not use if you are sensitive to caffeine. Do not consume with alcohol. Do not combine with any other sources of caffeine. Not intended for those who are sensitive to beta alanine, niacin, or caffeine. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you have pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant. Do not use product if seal around cap is broken.

**SUGGESTED USE:** As a dietary supplement, mix 1 scoop (9g) with 8 fl. Oz of cold water and mix vigorously for 30 seconds in a shaker or blender. For maximum results, on training days, use 1 serving 20 minutes pre workout. This product can be used to replace other energy producing beverages, but with the added benefit of Aminos. Do not consume 4 hours prior to sleep.

