

# SUPPLEMENT FACTS

## ADVOCARE SPARK® VARIETY PACK ASSORTED FLAVORS



### Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]  
Servings Per Bag: 30

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	180mg	300%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as HCl)	3mg	200%
Riboflavin	3.4mg	200%
Niacin (as niacinamide)	60mg	300%
Vitamin B6 (as pyridoxine HCl)	15mg	750%
Vitamin B12 (as cyanocobalamin)	45mcg	750%
Pantothenic acid (as calcium pantothenate)	50mg	500%
Zinc (as zinc monomethionine)	3mg	20%
Copper (as copper glycinate)	200mcg	10%
Chromium (as chromium citrate)	24mcg	20%
Choline (as bitartrate and citrate)	500mg	*
L-Tyrosine	500mg	*
Taurine	200mg	*
Caffeine	120mg	*
Glycine	100mg	*
L-Carnitine (as tartrate)	10mg	*
Inositol	10mg	*

†Percent Daily Values (DV) are based on a 2,000-calorie diet.

\*Daily Value not established.

**Directions For Use:** Blend, shake or stir contents of one stick pack into 8 fluid ounces of water.

**CAUTION:** PREGNANT OR NURSING WOMEN SHOULD CONSULT A HEALTHCARE PROFESSIONAL PRIOR TO USE. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

**KEEP OUT OF REACH OF CHILDREN.**

Store away from excessive heat, light and humidity.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

**CHERRY OTHER INGREDIENTS:** MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, BEET POWDER (FOR COLOR), SUCRALOSE, SILICON DIOXIDE.

**MANGO STRAWBERRY OTHER INGREDIENTS:** MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, SILICON DIOXIDE.

**FRUIT PUNCH OTHER INGREDIENTS:** MALTODEXTRIN, CITRIC ACID, BEET ROOT POWDER (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SILICON DIOXIDE.

**PINEAPPLE COCONUT OTHER INGREDIENTS:** MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SILICON DIOXIDE, SUCRALOSE. **CONTAINS: COCONUT.**

**BLUE RASPBERRY OTHER INGREDIENTS:** MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SPIRULINA EXTRACT (FOR COLOR), SILICON DIOXIDE.

† Contains Sustamine® - Sustamine® is a registered trademark of Kyowa HakkoBio Co., Ltd.  SUSTAMINE®