

S U P P L E M E N T F A C T S

SPARK® STICK PACK
STRAWBERRY



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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DIRECTIONS FOR USE:

BLEND, SHAKE OR STIR CONTENTS OF ONE STICK PACK INTO 8 FLUID OUNCES OF WATER.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

KEEP OUT OF REACH OF CHILDREN.

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

S U P P L E M E N T F A C T S

SPARK® STICK PACK
FRUIT PUNCH



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
MANGO STRAWBERRY



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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DIRECTIONS FOR USE:

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
MANDARIN ORANGE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, SILICON DIOXIDE, SUCRALOSE, NATURAL FLAVORS.

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
GRAPE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, GRAPESKIN EXTRACT (FOR COLOR), NATURAL & ARTIFICIAL FLAVOR, SUCRALOSE, SILICON DIOXIDE, BEET ROOT POWDER (FOR COLOR).

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
CHERRY



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
BLUE RASPBERRY



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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DIRECTIONS FOR USE:

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
WATERMELON



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

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

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
PINK LEMONADE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, SILICON DIOXIDE, SUCRALOSE, BEET ROOT POWDER (FOR COLOR), NATURAL FLAVOR.

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S U P P L E M E N T F A C T S

SPARK® STICK PACK
LIMEADE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, SILICON DIOXIDE, SPIRULINA EXTRACT (FOR COLOR).

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S U P P L E M E N T F A C T S

SPARK® STICK PACKS
GREEN APPLE



Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamine (as HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B-6 (as pyridoxine HCl)	15mg	882%
Vitamin B-12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
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.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, NATURAL FLAVORS, SUCRALOSE, SILICON DIOXIDE, SPIRULINA EXTRACT (FOR COLOR).

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