

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

SPARK® STICK PACK  
**SUNRISE GRAPEFRUIT**



## Supplement Facts

Serving Size: 1 stick pack (0.2 oz/5g) [makes 8 fl oz prepared]  
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	10	
Total Carbohydrate	2g	<1%†
Total Sugars	0g	†
Vitamin A (as beta-carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Thiamin (as Thiamine HCl)	3mg	250%
Riboflavin	3.4mg	262%
Niacin (as niacinamide)	60mg	375%
Vitamin B6 (as pyridoxine HCl)	15mg	882%
Vitamin B12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as d-calcium pantothenate)	50mg	1,000%
Choline (as bitartrate and citrate)	500mg	91%
Zinc (as zinc bisglycinate)	3mg	27%
Copper (as copper bisglycinate)	0.2mg	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:** NATURAL FLAVORS (GRAPEFRUIT POWDER), CITRIC ACID, REBAUDIOSIDE A (STEVIA EXTRACT), BEET ROOT POWDER (FOR COLOR), SILICA.

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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

**DIRECTIONS FOR USE:**

SHAKE OR STIR CONTENTS OF ONE STICK PACK INTO 8-16 OUNCES OF WATER, ADJUSTING WATER TO TASTE.

**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.