

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

SPARK® STICK PACK
RASPBERRY LEMONADE



Supplement Facts

Serving Size: 1 stick pack (0.35 oz/10g) [makes 16 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	25	
Total Carbohydrate	6g	2%†
Total Sugars	4g	
Includes 4g Added Sugars		8%†
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: RAW CANE SUGAR, NATURAL FLAVORS (LEMON, RASPBERRY POWDERS), CITRIC ACID, LUO HAN GUO FRUIT EXTRACT (MONK FRUIT), XYLITOL, SILICA, REBAUDIOSIDE A (STEVIA EXTRACT), BEET ROOT POWDER (FOR COLOR).

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FOR MORE INFORMATION VISIT 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.