# SUPPLEMENT FACTS

## SPARK® STICK PACK
### CRANBERRY APPLE SPICE

INFORMED CHOICE
WE TEST · YOU TRUST

## 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, NATURAL FLAVORS, CITRIC ACID, FRUIT AND VEGETABLE POWDER (FOR COLOR), SUCRALOSE, SILICON DIOXIDE, CINNAMON POWDER.

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**DIRECTIONS FOR USE:**
FOR A HOT BEVERAGE: POUR CONTENTS OF ONE STICK PACK INTO 8-16 OZ OF VERY HOT (NOT BOILING) WATER, ADJUSTING WATER TO TASTE. STIR THOROUGHLY.
FOR A COLD BEVERAGE: SHAKE OR STIR CONTENTS OF ONE STICK PACK INTO 8–16 OZ OF WATER, ADJUSTING WATER TO TASTE.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CONTAINS BIOENGINEERED INGREDIENTS.**

**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.