

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

SPARK® STICK PACKS
VANILLA LATTE



Supplement Facts

Serving Size: 1 stick pack (0.35oz/10g) [makes 8 fl oz prepared]
 Servings Per Container: 14

	Amt Per Serving	%DV
Calories	20	
Total Carbohydrate	4g	1%†
Total Sugars	2g	
Includes 0.5g Added Sugars		1%†
Protein	1g	2%†
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%
Zinc (as zinc monomethionine)	3mg	27%
Copper (as copper glycinate)	200mcg	22%
Chromium (as chromium citrate)	24mcg	69%
Betaine	1,000mg	**
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: MILK POWDER, COFFEE, MALTODEXTRIN, NATURAL & ARTIFICIAL FLAVORS, MAGNESIUM HYDROXIDE, DIPOTASSIUM PHOSPHATE, SILICON DIOXIDE, CINNAMON, SUCRALOSE.

CONTAINS: MILK

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 ADVOCARE® INTERNATIONAL, LLC
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FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS FOR USE:

FOR A HOT BEVERAGE: ADD THE CONTENTS OF ONE STICK PACK INTO 8 FLUID OUNCES OF VERY HOT (NOT BOILING) WATER. STIR THOROUGHLY.

FOR A COLD BEVERAGE: BLEND, SHAKE OR STIR CONTENTS OF ONE STICK PACK INTO 8 FLUID OUNCES OF WATER. ADD ICE IF DESIRED.

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.

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.