

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 retinyl palmitate)	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 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, SILICA, BETA CAROTENE (FOR COLOR), SPIRULINA EXTRACT (FOR COLOR).

MANUFACTURED EXCLUSIVELY FOR
ADVOCARE® INTERNATIONAL, LLC
RICHARDSON, TX 75082 • 800-542-4800

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.