

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

SPARK® STICK PACK  
**PASSION ORANGE GUAVA**



## 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                                     | 10              |        |
| Total Carbohydrate                           | 3g              | 1%†    |
| Sodium (as sea salt)                         | 20mg            | 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 (PASSION FRUIT, GUAVA, ORANGE AND OTHER NATURAL FLAVORS), SUCRALOSE, BEET ROOT POWDER (FOR COLOR), MALIC ACID.

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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.