Directions: Ages 14 and up, one (1) packet daily. Empty contents into a glass, add 4-6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use. If you are pregnant, nursing, or taking medication, consult your doctor before use.

Supplement Facts Sarving Size 1 Packet (0.4 g)

Serving Size i Facket (9.4 g)		
Amount Per Serving		% DV
Calories	35	
Total Carbohydrate	9 g	3%†
Sugars	7 g	*
Vitamin C (as ascorbic acid, zinc ascorbate)	1,000 mg	1,667%
Thiamin (as thiamine hydrochloride) (Vit. B ₁)	0.38 mg	25%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B ₂)	0.43 mg	25%
Niacin (Vit. B ₃)	4 mg	20%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid (Vit. B ₉)	100 mcg	25%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	417%
Pantothenic Acid (as calcium pantothenate) (Vit. Bs)	2.5 mg	25%

Amount Per Serving		% DV
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate) ‡	50 mg	5%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate)‡	38 mg	4%
Magnesium (as magnesium hydroxide, magnesium carbonate) ‡	60 mg	15%
Zinc (as zinc ascorbate)	2 mg	13%
Manganese (as manganese gluconate)	0.5 mg	25%
Chromium (as chromium picolinate)	10 mcg	8%
Sodium (as sodium bicarbonate, monobasic sodium phosphate) ‡	60 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate)‡	200 mg	6%
† Percent Daily Values (DV) are based on a 2,000 calorie diet.		

2.5 mg 25% *Daily Value not established ‡Electrolytes

Other Ingredients: Fructose, Dried Cane Syrup, Tangerine Juice Solids, Citric Acid. Contains <2% of: Beta-Carotene (color). Corn Syrup Solids, Glycine, L-Aspartic Acid, Lemon Juice Solids, Malic Acid, Maltodextrin, Natural Flavors, Silicon Dioxide, Tartaric Acid, Tocopherols (to preserve freshness). Keep out of reach of children.

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Immune Support

manganese support your immune system.*

Energy

B₃, B₅, B₆, B₉ and B₁₂ enhance energy naturally* without caffeine.

Electrolytes

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disiease.



