

Supplement Facts

Serving Size 1 Packet (28.1g)

Servings Per Container 3

Amount per Serving		%Daily Value*
Calories	95	
Total Carbohydrate	19 g	6%
Dietary Fibers	1 g	4%
Total Sugars	18 g	**
Includes 18g Added Sugars		35%
Vitamin C (as ascorbic acid)	80 mg	90%
Vitamin E (as d-alpha tocopherol)	10 mg	70%
Thiamin (as thiamine hydrochloride)	0.9 mg	80%
Riboflavin	1.17 mg	90%
Niacin (as niacinamide)	13.3 mg	80%
Vitamin B6 (as pyridoxine hydrochloride)	1.17 mg	70%
Folate	285 mcg DFE	70%
	(165 mcg folic acid)	
Vitamin B12 (as cyanocobalamin)	2.5 mcg	100%
Panthenic Acid (as calcium D-pantothenate)	5 mg	100%
Choline (as choline bitartrate)	100 mg	20%
Calcium (as calcium carbonate)	270 mg	20%
Phosphorus (as dipotassium phosphate)	140 mg	10%
Magnesium (as magnesium carbonate)	110 mg	25%
Zinc (as zinc gluconate)	4.3 mg	40%
Selenium (as sodium selenite)	17 mcg	30%
Sodium (as sodium bicarbonate)	180 mg	8%
Potassium (as dipotassium phosphate)	580 mg	10%
Betaine (as betaine hydrochloride)	415 mg	**
Phosphatidylserine	100 mg	**
L-Glutamine	2500 mg	**
L-Tyrosine	415 mg	**
L-Cysteine (as L-cysteine hydrochloride)	250 mg	**
L-Tryptophan	70 mg	**

* Percent Daily Values based on a 2,000 calorie diet.

** Daily value not established

Other ingredients: Fructose, dextrose, malic acid, citric acid, maltodextrin, natural flavors.