

**Directions:** As a dietary supplement, take one packet up to 2 times a day. Empty contents in a glass, add 4-6 oz. of water and stir.

Amount Per Serving		% D
Calories	20	
Total Carbohydrate	5 g	2%
Sugars	5 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	1,000 mg	1,6679
Thiamin (as thiamine hydrochloride)	0.38 mg	259
Riboflavin (as riboflavin 5'-phosphate sodium)	0.43 mg	259
Niacin	5 mg	259
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg	5009
Folic Acid	12.5 mcg	39
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg	4179
Pantothenic Acid (as calcium pantothenate)	2.5 mg	259
Calcium (as calcium carbonate, calcium phosphate, calcium pantothenate)	50 mg	5%
Phosphorus (as potassium phosphate, calcium phosphate, sodium phosphate)	38 mg	49
Magnesium (as magnesium hydroxide, magnesium carbonate)	60 mg	159
Zinc (as zinc ascorbate)	2 mg	139
Manganese (as manganese gluconate)	0.5 mg	259
Chromium (as chromium ascorbate)	10 mcg	89
Sodium (as sodium bicarbonate, sodium phosphate)	60 mg	39
Potassium (as potassium bicarbonate, potassium carbonate, potassium phosphate)	200 mg	6%
Monk Fruit (Siraitia grosvenorii)	10 mg	
Alpha Lipoic Acid	1 mg	
Quercetin	1 mg	

Other Ingredients: Fructose, citric acid, natural flavors, fruit and vegetable juice colors, blueberry juice powder, tapioca maltodextrin, malic acid, tartaric acid, silica, glycine, aspartic acid, blackberry juice powder, raspberry juice powder, and cysteine hydrochloride.



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