

Directions: Ages 14 and up, one packet up to 2 times per day. Empty contents into a glass, add 4-6 oz. of water, stir.

## Supplement Facts

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	0%*
Sugars	1 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	1,000 mg	1,667%
Thiamin (as thiamine hydrochloride)	0.38 mg	25%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.43 mg	25%
Niacin	5 mg	25%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	12.5 mcg	3%
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg	417%
Pantothenic Acid (as calcium pantothenate)	2.5 mg	25%
Calcium (as calcium carbonate, calcium phosphate, calcium pantothenate)	50 mg	5%
Phosphorus (as potassium phosphate, calcium phosphate, sodium 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 ascorbate)	10 mcg	8%
Sodium (as sodium bicarbonate, sodium phosphate)	60 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate, potassium phosphate)	200 mg	6%
Alpha Lipoic Acid	1 mg	1
Quercetin	1 mg	†

<sup>\*</sup> Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Citric acid, natural mandarin orange with other natural flavors, tangerine juice powder, fructose, tapioca maltodextrin, silica, sucralose, stevia (leaf extract), glycine, beta carotene, aspartic acid, tartaric acid, and cysteine hydrochloride.



Distributed by:

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<sup>+</sup> Daily Value not established.