

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.

Amount Per Serving		% DV
Calories	20	
Total Carbohydrate	5 g	2%**
Sugars	4 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate) 1,000 mg	1,667%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Thiamin (as thiamine hydrochloride)	0.38 mg	25%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.43 mg	25%
Niacin	5 mg	25%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	12.5 mcg	39
Vitamin B ₁₂ (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)	10 mg	679
Manganese (as manganese gluconate)	0.5 mg	25%
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%
Proprietary Immune Complex Arabinogalactan (<i>Larix laricina</i>), Beta Glucans, Stevia (leaf extra	565 mg act)	
Alpha Lipoic Acid	1 mg	
Quercetin	1 mg	

Other Ingredients: Fructose, citric acid, orange juice powder, natural flavors, tapioca maltodextrin, malic acid, lemon juice powder, silica, glycine, aspartic acid, tartaric acid, and cysteine hydrochloride. Distributed by:

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