

Directions: Adults: Dissolve 1 tablet in 8-12 ounces of water in a glass or bottle. Drink once daily.

Supplement Facts

Serving Size: One effervescent tablet

Amount Per Serving	% Daily Value
Calories	5
Vitamin A (100% as beta-carotene)	100 IU 2%
Vitamin C	1000 mg 1667%
Thiamin (B ₁)	15 mg 1000%
Riboflavin (B ₂)	15 mg 882%
Niacin	50 mg 250%
Vitamin B ₆	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B ₁₂	10 mcg 167%
Biotin	150 mcg 50%

Amount Per Serving	% Daily Value
Pantothenic Acid	23 mg 230%
Calcium (elemental)	50 mg 5%
Magnesium	50 mg 13%
Zinc	10 mg 67%
Sodium	260 mg 11%
Potassium	5 mg < 1%
Guarana Extract (seed)	89.45 mg **
Caffeine	44 mg **

**Daily Value not established.

Drop into Glass.



Break into Bottle.



INGREDIENTS: Citric Acid, Ascorbic Acid, Sodium Bicarbonate, Maltodextrin, Magnesium Sulfate, Calcium Carbonate, Magnesium Carbonate, Polyvinylpyrrolidone; Less than 2% of: Acesulfame Potassium, Aspartame†, Beet Juice Powder (color), Beta-Carotene, Biotin, Caffeine, Calcium Pantothenate, Cyanocobalamin, Folic Acid, Guarana Extract (seed), Mannitol, Natural and Artificial Flavors, Niacinamide, Polysorbate 60, Polyvinylpyrrolidone, Pyridoxine Hydrochloride, Riboflavin Sodium Phosphate, Salt, Sodium Carbonate, Sorbitol, Thiamine Hydrochloride, Zinc Citrate.

**Portable
Tube Pack**



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

20 effervescent tablets

from the makers of
ONE A DAY



MENTAL SHARPNESS

*Supports mental sharpness with both Guarana and caffeine**



PHYSICAL ENERGY

*Supports energy with B-Vitamins to help convert food to fuel**

vitamin mineral
supplement



20 effervescent tablets



orange flavor



†PHENYLKETONURICS: CONTAINS PHENYLALANINE

This product contains about as much caffeine as a cup of coffee (90 mg). For Adult Use Only.

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

Ask your doctor before use if you are on a sodium-restricted diet.

KEEP OUT OF REACH OF CHILDREN

Do not use if cap drop ring is broken or missing.

Store at room temperature. Avoid excessive heat and moisture. Replace cap after use.

Questions or comments? Please call 1-800-800-4793 (Mon - Fri 9AM - 5PM EST)

MADE IN FRANCE

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