

## SUPPLEMENT FACTS

Serving Size: One Scoop (0.25 oz/7g) (makes 8 fl oz prepared)  
Servings Per Container: About 42

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	180mg	300%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as HCl)	3mg	200%
Riboflavin	3.4mg	200%
Niacin (as niacinamide)	60mg	300%
Vitamin B6 (as pyridoxine HCl)	15mg	750%
Vitamin B12 (as cyanocobalamin)	45mcg	750%
Pantothenic acid (as calcium pantothenate)	50mg	500%
Zinc (as zinc monomethionine)	3mg	20%

Copper (as copper glycinate)	200mcg	10%
Chromium (as chromium citrate)	24mcg	20%
Choline (as bitartrate and citrate)	500mg	*
L-Tyrosine	500mg	*
Taurine	200mg	*
Caffeine	120mg	*
Glycine	100mg	*
L-Carnitine (as tartrate)	10mg	*
Inositol	10mg	*

†Percent Daily Values (DV) are based on a 2,000-calorie diet.  
\*Daily Value not established.

OTHER INGREDIENTS: MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SPIRULINA EXTRACT (FOR COLOR), SILICON DIOXIDE.

Formulated/manufactured exclusively for  
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For more information visit [www.advocare.com](http://www.advocare.com).

## SPARK®

is a unique blend of 20 vitamins, minerals and nutrients that work synergistically to provide a healthy, balanced and effective source of mental focus and energy.\*

**Directions For Use:** Blend, shake or stir contents of one scoop into 8 fluid ounces of water.

**CAUTION:** PREGNANT OR NURSING WOMEN SHOULD CONSULT A HEALTHCARE PROFESSIONAL PRIOR TO USE. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

KEEP OUT OF REACH OF CHILDREN.

Store away from excessive heat, light and humidity.

\*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.



# ADVOCARE SPARK® ENERGY

VITAMIN & AMINO ACID SUPPLEMENT

- SHARPENS MENTAL FOCUS\*
- LONG-LASTING ENERGY\*
- SUGAR FREE

Blue Raspberry

NATURAL & ARTIFICIAL FLAVORS

NET WT 10.5 OZ (294g)



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