

## 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 B-6 (as pyridoxine HCl)            | 15mg            | 750% |
| Vitamin B-12 (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 FLAVOR, SUCRALOSE, SILICON DIOXIDE.

Formulated/manufactured exclusively for AdvocaCare® International  
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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**<sup>®</sup>  
ENERGY

VITAMIN & AMINO ACID SUPPLEMENT

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

Mango Strawberry  
NATURAL & ARTIFICIAL FLAVOR

NET WT 10.5 OZ (294g)



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