

Directions: Ages 14 and up, one (1) packet daily. Empty contents into a glass, add 4-6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use. If you are pregnant, nursing, or taking medication, consult your doctor before use.

Supplement Facts Serv. size: 1 Packet (9.4 g), Amount Per Serving: Calories 35, Total Carb 9 g (3% DV),† Total Sugars 6 g* (Incl. 6 g Added Sugars, 12% DV),† Vitamin C (as ascorbic acid, zinc ascorbate) 1,000 mg (1,111% DV), Thiamin (as thiamine hydrochloride) (Vit. B₁) 0.38 mg (32% DV), Riboflavin (as riboflavin-5'-phosphate) (Vit. B2) 0.43 mg (33% DV), Niacin (Vit. B₃) 4 mg (25% DV), Vitamin B₆ (as pyridoxine hydrochloride) 10 mg (588% DV), Folate (Vit. Bg) 167 mcg DFE (100 mcg Folic Acid) (42% DV), Vitamin B₁₂ (as cyanocobalamin) 25 mcg (1.042% DV), Pantothenic Acid (as calcium pantothenate) (Vit. B5) 2.5 mg (50% DV), Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate) 50 mg (4% DV).‡ Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate) 38 mg (3% DV),‡ Magnesium (as magnesium hydroxide, magnesium carbonate) 60 mg (14% DV). + Zinc (as zinc ascorbate) 2 mg (18% DV). Manganese (as manganese gluconate) 0.5 mg (22% DV), Chromium (as chromium picolinate) 10 mcg (29% DV), Sodium (as sodium bicarbonate, monobasic sodium phosphate) 65 mg (3% DV).‡ Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) 200 mg (4% DV). † Percent Daily Values (DV) are based on a 2,000 calorie diet. *Daily Value not established, ‡Electrolytes

Other Ingredients: Fructose, Citric Acid, Maltodextrin, Dried Honey Powder, Sugar. Contains <2% of: Beet Juice Concentrate (color), Glycine, L-Aspartic Acid, Lemon Fruit Solids (color and flavor), Luo Han Guo, Malic Acid, Natural Flavors, Silicon Dioxide, Tartaric Acid, Tocopherols (to preserve freshness). Keen out of reach of children.

Store at room temperature. Protect from moisture. Do not use if packet seal is torn or broken.

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