

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 (8.7 g), Amount Per Serving: Calories 30, Total Carb 8 g (3% DV),† Total Sugars 5 g\* (Incl. 4 g Added Sugars, 8% DV)†, Vitamin C (as ascorbic acid, zinc ascorbate) 1,000 mg (1,111% DV), Vitamin D3 (as cholecalciferol) 25 mcg (1,000 IU) (125% DV), Thiamin (as thiamine hydrochloride) (Vit. B<sub>1</sub>) 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 B<sub>6</sub> (as pyridoxine hydrochloride) 10 mg (588% DV), Folate (Vit. B<sub>9</sub>) 167 mcg DFE (100 mcg Folic Acid) (42% DV), Vitamin B<sub>12</sub> (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) 10 mg (91% DV), Manganese (as manganese gluconate) 0.5 mg (22% DV), Chromium (as chromium picolinate) 10 mcg (29% DV), Sodium (as sodium bicarbonate, Arabinogalactan (from Larix Iaricina), monobasic sodium phosphate) 70 mg (3% DV), ‡ Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) 200 mg (4% DV), ‡ Proprietary Complex (Arabinogalactan (from Larix laricina), Beta-Glucan (from Saccharomyces cerevisiae) 500 mg.\* †Percent Daily Values (DV) are based on a 2,000 calorie diet. \*Daily Value (DV) not established. #Electrolytes

Other Ingredients: Fructose, Citric Acid, Maltodextrin, Beet Juice Concentrate (color), Contains <2% of: Caramel Color, Cherry Juice Solids (color and flavor). Dextrose, Glycine, L-Aspartic Acid, Malic Acid, Natural Flavors, Rebaudioside A (extracted and purified from natural stevia leaf), Silicon Dioxide, Sugar, Tartaric Acid. Tocopherols (to preserve freshness).

## Keep 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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