



ADVOCARE  
**SPARK**  
ENERGY

VITAMIN & AMINO ACID SUPPLEMENT

FEATURES A BLEND OF SWEETENERS INCLUDING STEVIA EXTRACT

- ENHANCES MENTAL FOCUS\*
- HELPS BOOST ENERGY\*

**RASPBERRY LEMONADE**  
NATURAL FLAVORS

14 STICK PACKS - 0.35 OZ (10g)  
NET WT 5 OZ (140g)

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

## Supplement Facts

Serving Size: 1 stick pack (0.35 oz/10g) [makes 16 fl oz prepared]  
Servings Per Container: 14

|                                              | Amt Per Serving | %DV    |
|----------------------------------------------|-----------------|--------|
| Calories                                     | 30              |        |
| Total Carbohydrate                           | 8g              | 3%†    |
| Total Sugars                                 | 4g              |        |
| Includes 4g Added Sugars                     |                 | 8%†    |
| Vitamin A (as beta-carotene)                 | 300mcg          | 33%    |
| Vitamin C (as ascorbic acid)                 | 180mg           | 200%   |
| Vitamin E (as d-alpha tocopheryl acetate)    | 20.1mg          | 134%   |
| Thiamine (as HCl)                            | 3mg             | 250%   |
| Riboflavin                                   | 3.4mg           | 262%   |
| Niacin (as niacinamide)                      | 60mg            | 375%   |
| Vitamin B-6 (as pyridoxine HCl)              | 15mg            | 882%   |
| Vitamin B-12 (as cyanocobalamin)             | 45mcg           | 1,875% |
| Pantothenic acid (as calcium d-pantothenate) | 50mg            | 1,000% |
| Choline (as bitartrate and citrate)          | 500mg           | 91%    |
| Zinc (as zinc monomethionine)                | 3mg             | 27%    |
| Copper (as copper glycinate)                 | 200mcg          | 22%    |
| Chromium (as chromium citrate)               | 24mcg           | 69%    |
| 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:** SUGAR, NATURAL FLAVORS, CITRIC ACID, LUO HAN GUO FRUIT EXTRACT (MONK FRUIT), XYLITOL, SILICON DIOXIDE, REBAUDIOSIDE A (STEVIA EXTRACT), BEET ROOT POWDER (FOR COLOR).

Formulated/manufactured exclusively for  
AdvoCare® International, LLC  
Richardson, TX 75082 • 800-542-4800  
For more information visit [advocare.com](http://advocare.com)

**Directions For Use:**  
Blend, shake or stir contents of one stick pack into 16 fluid ounces of water.

Store away from excessive heat,  
light and humidity.

**KEEP OUT OF REACH OF CHILDREN.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING. NOT FOR USE BY CHILDREN OR PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



CHOICE



RECYCLABLE MATERIAL



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