SUGGESTED USE
TWICE DAILY
WITH A MEAL AND
CAPSULE 8 OZ. H²0

TAKE TWO CAPSULES TWICE DAILY FOR IMMEDIATE SUPPO

Taken to promote thyroid health. SPARK provides essential vitamins, minerals, and herbal extracts to support your energy and metabolism system.*

CAUTION: Keep out of reach of children. If you are pregnant, nursing, or taking any prescription medicine, consult your physician before taking this product.

*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.



CGMP



Vatural Inc

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EU NATURAL



SPARK

ZINC & SELENIUM

THYROID HEALTH
ENERGY & METABOLISM'

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Gluten & Wheat Free, K

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving

Amount Per	Serving	%DV
Vitamin D (as Cholecalciferol)	4000IU	1000%
Thiamin (as Thiamine Hydrochloride)	15 mg	1000%
Riboflavin (Vitamin B2)	17 mg	1000%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folate (as L-Methylfolate)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	120 mcg	2000%
Pantothenic Acid (as Calcium Pantothenate) 10 mg	100%
lodine (as Potassium lodide and Kelp)	150 mcg	
Magnesium (as Magnesium Malate)	80 mg	
Zinc (as Zinc Aspartate)	22.5 mg	150%
Selenium (as L-Selenomethionine)	140 mcg	200%
Manganese (as TRAACS® Bisglycinate Chela	te) 1 mg	50%
Copper (as TRAACS® Bisglycinate Chelate		25%
Chromium (as Chromium Polynicotinate)	120 mcg	100%

SPARK Thyroid Complex 604 mg

L-Tyrosine, Organic KSM-66® Ashwagandha Extract (Withania somnifera) (root), Forskolin Extract (Color forskohili) (root), Guggul Extract (Commiphora mukul) (stem), BioPerine® Nutrient Enhancer (Piper nigrum)

† Daily Value (DV) not established.

Other Ingredients: Cellulose (Vegetarian Capsule),

Rice Extract
Zero Fillers, Zero Binders, Zero Artificial Ingredients
Gluten & Wheat Free, KSM-66® contains a milk-derivative

SHARE YOUR STORY