



ADVOCARE  
**SPARK**  
ENERGY

VITAMIN & AMINO ACID SUPPLEMENT

ENHANCES MENTAL FOCUS\* • HELPS BOOST ENERGY\* • SUGAR FREE

**BLUE RASPBERRY**  
NATURAL & ARTIFICIAL FLAVORS

14 STICK PACKS - 0.25 OZ (7g)  
NET WT 3.5 OZ (98g)

**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.\*

**Supplement Facts**

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]  
Servings Per Container: 14

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	4g	1%†
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:** MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SPIRULINA EXTRACT (FOR COLOR), SILICON DIOXIDE.

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 8 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.



RECYCLABLE MATERIAL



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