



ADVOCARE
SPARK
 ENERGY

VITAMIN & AMINO ACID SUPPLEMENT
 ENHANCES MENTAL FOCUS* • HELPS BOOST ENERGY* • SUGAR FREE

FRUIT PUNCH
 NATURAL & ARTIFICIAL FLAVORS

NET WT 10.5 OZ (294g)

Supplement Facts

Serving Size: 1 Scoop (0.25 oz/7g) [makes 8 fl oz prepared]
 Servings Per Container: 42

	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 d-calcium pantothenate)	50mg	1,000%



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Supplement Facts Cont.

	Amt Per Serving	%DV
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, BEET ROOT POWDER (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SILICON DIOXIDE.

Formulated/manufactured exclusively for
 AdvoCare[®] International, L.P.,
 Plano, TX 75074 • 800-542-4800
 For more information visit advocare.com

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.*

Directions For Use:

Blend, shake or stir contents of one scoop into 8 fluid ounces of water.

Store product 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.

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