

## COMPARISON CHART

| Vitamins, Minerals, Nutrients         | EcoDrink®                     | Leading Vitamin Water Brand | Leading Vitamin & Mineral Drink Mixes |
|---------------------------------------|-------------------------------|-----------------------------|---------------------------------------|
| CALORIES                              | 15                            | 125                         | 25                                    |
| SUGARS                                | 0                             | 33g                         | 5g                                    |
| CARBOHYDRATES                         | 3g                            | 33g                         | 6g                                    |
| VITAMINS, MINERALS, NUTRIENTS         | 28                            | 11                          | 15                                    |
| ANTIOXIDANTS                          | Vitamin C, E, A, Selenium     | Vitamin C, E, A             | Vitamin C                             |
| ELECTROLYTES                          | Potassium, Magnesium, Calcium | Calcium, Magnesium          | Potassium, Magnesium, Sodium          |
| Vitamin A                             | 100%                          | 25%                         | 0%                                    |
| Vitamin C                             | 100%                          | 100%                        | 1667%                                 |
| Vitamin D                             | 100%                          | 0%                          | 0%                                    |
| Vitamin E                             | 100%                          | 25%                         | 0%                                    |
| Vitamin K                             | 75%                           | 0%                          | 0%                                    |
| Thiamine                              | 50%                           | 0%                          | 25%                                   |
| Riboflavin                            | 50%                           | 0%                          | 25%                                   |
| Niacin                                | 25%                           | 25%                         | 25%                                   |
| Vitamin B6                            | 50%                           | 25%                         | 500%                                  |
| Folic Acid                            | 50%                           | 25%                         | 3%                                    |
| Vitamin B12                           | 100%                          | 25%                         | 417%                                  |
| Biotin                                | 100%                          | 0%                          | 0%                                    |
| Pantothenic Acid                      | 50%                           | 25%                         | 25%                                   |
| Calcium                               | 23%                           | 10%                         | 5%                                    |
| Phosphorus                            | 8%                            | 0%                          | 4%                                    |
| Magnesium                             | 22.5%                         | 10%                         | 15%                                   |
| Zinc                                  | 20%                           | 0%                          | 13%                                   |
| Selenium                              | 100%                          | 0%                          | 0%                                    |
| Manganese                             | 50%                           | 0%                          | 25%                                   |
| Chromium                              | 83%                           | 0%                          | 8%                                    |
| Molybdenum                            | 100%                          | 0%                          | 0%                                    |
| Potassium                             | 9%                            | 0%                          | 6%                                    |
| Decaffeinated Green Tea Powder (leaf) | 10mg                          | 0mg                         | 0mg                                   |
| Boron                                 | 1 mg                          | 0 mg                        | 0 mg                                  |
| Acai Fruit Powder                     | 2 mg                          | 0 mcg                       | 0 mcg                                 |
| Lycopene                              | 300 mcg                       | 0 mcg                       | 0 mcg                                 |
| Lutein                                | 250 mcg                       | 0 mcg                       | 0 mcg                                 |
| Zeaxanthin                            | 100 mcg                       | 0 mcg                       | 0 mcg                                 |
| Stevia                                | Yes                           | No                          | No                                    |

**SUGGESTED DOSE:** Ages 4 to 13, one half (1/2) packet daily. Ages 14 and up, one (1) packet daily. Do not exceed suggested use. \*EcoDrink Naturals Multivitamin is recommended on a daily basis for healthy individuals.

**DIRECTIONS:** Mix contents of one stickpack with 16 oz of cold water.

**STORAGE:** Store in a cool, dry place. Keep out of reach of children.

Not intended for pregnant or nursing women, children under 4 years of age, or persons with chronic illness. As with all dietary supplements, consult your physician before use.

\*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.



# EcoDrink®

Naturals



Naturally  
Sweetened

28 vitamins,  
minerals  
& nutrients

## FRUIT PUNCH

# MULTIVITAMIN

IMMUNE FUNCTION®  
MUSCLE & JOINT CAPACITY®

Gluten Free • Caffeine Free • Natural Flavors & Sweeteners

24 stick packs - 0.22 OZ (6.3g)

NET WT 5.3 OZ (151.2g)

24  
STICK  
PACKS

EcoDrink®  
Naturals

## Supplement Facts

Serving Size: 1 stick pack (6.3g)

[makes 16 fl oz prepared]

Servings Per Container: 24

|                                            | Amount per Serving | %DV   |
|--------------------------------------------|--------------------|-------|
| <b>Calories</b>                            | <b>15</b>          |       |
| Total Carbohydrate                         | 3 g                | 1%    |
| Vitamin A (as beta carotene)               | 900 mcg            | 100%  |
| Vitamin C (as ascorbic acid)               | 90 mg              | 100%  |
| Vitamin D (as cholecalciferol)             | 20 mcg             | 100%  |
| Vitamin E (as d-alpha tocopheryl acetate)  | 15 mg              | 100%  |
| Vitamin K (as phytonadione)                | 90 mcg             | 75%   |
| Thiamine (as HCl)                          | 0.6 mg             | 50%   |
| Riboflavin                                 | 0.65 mg            | 50%   |
| Niacin (as niacinamide)                    | 0.85 mg            | 25%   |
| Vitamin B6 (as pyridoxine HCl)             | 0.85 mg            | 50%   |
| Folic Acid                                 | 200 mcg            | 50%   |
| Vitamin B12 (as cyanocobalamin)            | 2.4 mcg            | 100%  |
| Biotin                                     | 30 mcg             | 100%  |
| Pantothenic Acid (as calcium pantothenate) | 2.5 mg             | 50%   |
| Calcium (as dicalcium phosphate)           | 300 mg             | 23%   |
| Phosphorus (as dicalcium phosphate)        | 100 mg             | 8%    |
| Magnesium (as magnesium sulfate)           | 90 mg              | 22.5% |
| Zinc (as zinc methionine)                  | 2.2 mg             | 20%   |
| Selenium (as sodium selenite)              | 55 mcg             | 100%  |
| Manganese (as manganese sulfate)           | 1.15 mg            | 50%   |
| Chromium (as chromium citrate)             | 29 mcg             | 83%   |
| Molybdenum (as sodium molybdate)           | 45 mcg             | 100%  |
| Potassium (as tri potassium citrate)       | 400 mg             | 9%    |
| Decaffeinated Green Tea powder (leaf)      | 10 mg              | †     |
| Boron (as boron glycinate)                 | 1 mg               | †     |
| Acai Fruit powder                          | 2 mg               | †     |
| Lycopene                                   | 300 mcg            | †     |
| Lutein (from marigold petals)              | 250 mcg            | †     |
| Zeaxanthin                                 | 100 mcg            | †     |

Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value not established.

**OTHER INGREDIENTS:** Citric acid, natural flavors, fruit juice (for color), silicon dioxide, stevia.



Manufactured  
in the U.S.A.



"Retaining the Quality  
that Nature Created."

Since 1971.

Mfg. & Dist. by:  
**Lily of the Desert**  
Nutrition Division  
1887 Geesling Rd.  
Denton, TX 76208  
(800) 229-5459  
www.ecodrink.com

