

Directions: As a dietary supplement, take one packet 2 to 4 times a day. Place contents in a glass, add 4-6 oz. of water.

Supplement Facts

Serving Size 1 packet (9.4 g)

Amount Per Serving	% DV
Calories	25
Total Carbohydrate	6 g 2%
Sugars	6 g
Vitamin C (as ascorbic acid, zinc ascorbate, and chromium ascorbate)	1,000 mg 1,667%
Thiamin (as thiamine hydrochloride)	0.38 mg 25%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.43 mg 25%
Niacin	5 mg 25%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 500%
Folic Acid	12.5 mcg 3%
Vitamin B12 (as cyanocobalamin)	25 mcg 417%
Pantothenic Acid (as calcium pantothenate)	2.5 mg 25%
Calcium (as calcium carbonate, calcium phosphate, and calcium pantothenate)	50 mg 5%
Magnesium (as magnesium hydroxide and magnesium carbonate)	60 mg 15%
Zinc (as zinc ascorbate)	2 mg 13%
Manganese (as manganese gluconate)	0.5 mg 25%
Chromium (as chromium ascorbate)	10 mcg 8%
Sodium (as sodium bicarbonate and monosodium phosphate)	60 mg 3%
Potassium (as potassium bicarbonate, potassium carbonate, and monopotassium phosphate)	200 mg 6%
Alpha Lipoic Acid	1 mg †
Quercetin	1 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established.

Other Ingredients: Fructose, raspberry powder, citric acid, malic acid, tapioca maltodextrin, vegetable juice color, natural flavor, tartaric acid, silica, caramel color, glycine, aspartic acid, and cysteine hydrochloride.
Contains wheat.

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