

ADVOCARE  
**spark** 15 CALORIES 0g SUGAR 4g CARBS 120mg CAFFEINE

A BLEND OF 20 VITAMINS, MINERALS & NUTRIENTS FOR EVERYDAY ENERGY.

**Directions For Use:** Shake or stir contents of one scoop into 8-16 ounces of water, adjusting water to taste.

**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.

KEEP OUT OF REACH OF CHILDREN.  
Store away from excessive heat, light and humidity.



ADVOCARE

**spark**  
VITAMIN & AMINO ACID SUPPLEMENT

pineapple  
coconut  
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 B6 (as pyridoxine HCl)	15mg	882%
Vitamin B12 (as cyanocobalamin)	45mcg	1,875%
Pantothenic acid (as calcium d-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, Natural & Artificial Flavors, Silica, Sucralose.

Manufactured exclusively for AdvoCare® International, LLC  
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