



ADVOCARE  
**SPARK**  
ENERGY DRINK MIX

VITAMIN & AMINO ACID SUPPLEMENT

- SHARPENS MENTAL FOCUS\*
- LONG-LASTING ENERGY\*
- SUGAR FREE



**45**  
CALORIES  
PER  
POUCH

**Raspberry Tea**

NATURAL & ARTIFICIAL FLAVORS

NET WT 0.53 OZ (15g)



## SUPPLEMENT FACTS

Serving Size: 1 Pouch (0.53 oz/15g) [makes 8 fl oz prepared]  
Servings Per Pouch: 1

|                                            | Amt Per Serving | % DV |
|--------------------------------------------|-----------------|------|
| Calories                                   | 45              |      |
| Total Carbohydrate                         | 11g             | 4%†  |
| Vitamin A (as beta-carotene)               | 1,000 IU        | 20%  |
| Vitamin C (as ascorbic acid)               | 180mg           | 300% |
| Vitamin E (as d-alpha tocopheryl acetate)  | 30 IU           | 100% |
| Thiamine (as HCl)                          | 3mg             | 200% |
| Riboflavin                                 | 3.4mg           | 200% |
| Niacin (as niacinamide)                    | 60mg            | 300% |
| Vitamin B-6 (as pyridoxine HCl)            | 15mg            | 750% |
| Vitamin B-12 (as cyanocobalamin)           | 45mcg           | 750% |
| Pantothenic acid (as calcium pantothenate) | 50mg            | 500% |
| Zinc (as zinc monomethionine)              | 3mg             | 20%  |
| Copper (as copper glycinate)               | 200mcg          | 10%  |
| Chromium (as chromium citrate)             | 24mcg           | 20%  |
| Choline (as bitartrate and citrate)        | 500mg           | *    |
| L-Tyrosine                                 | 500mg           | *    |
| Taurine                                    | 200mg           | *    |
| Caffeine                                   | 120mg           | *    |
| Glycine                                    | 100mg           | *    |
| Citrus flavonoids                          | 50mg            | *    |
| Gamma-aminobutyric acid (GABA)             | 50mg            | *    |
| 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  
INSTANT FLAVOR  
ARTIFICIAL FLAVOR  
SUCRALOSE

**AdvoCare Spark**  
mix is a sugar-free  
long-lasting energy  
mental focus

**Directions For Use:**  
Blend, shake and pour  
pouch into 8 fl oz of water  
or the beverage of your choice.  
May consume throughout the  
day, preferably before or after  
exercise.

**CAUTION:** PREGNANT  
WOMEN SHOULD CONSULT  
A HEALTH CARE PROFESSIONAL  
BEFORE USE. DO NOT USE BY  
PERSONS WITH SENSITIVITY TO  
CAFFEINE OR CHOCOLATE.

**KEEP OUT OF REACH OF CHILDREN.**

\*THIS STATEMENT HAS  
NOT BEEN EVALUATED BY THE  
FDA. IT IS NOT INTENDED TO  
DIAGNOSE, CURE OR PREVENT  
ANY DISEASE.

For maximum benefit, use  
product in a cool environment.

**MADE IN USA**

Formulated/Manufactured  
for AdvoCare® International  
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For more information,  
visit [www.advocare.com](http://www.advocare.com)

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