



ADVOCARE SPARK ENERGY DRINK MIX

VITAMIN & AMINO ACID SUPPLEMENT

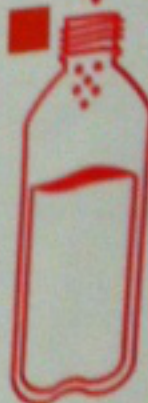
- SHARPENS MENTAL FOCUS
- LONG-LASTING ENERGY*
- SUGAR FREE



45
CALORIES
PER
POUCH

Tangerine
NATURAL 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:
CITRIC ACID, NATURAL
DIOXIDE, SUCRALOSE.

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

Directions For Use
Blend, shake or stir
pouch into 8 fluid
or the beverage of
May consume 1 to
day, preferably be

CAUTION: PREGNANT
SHOULD CONSULT A
PROFESSIONAL PRIOR
USE BY PERSONS WITH
CAFFEINE OR CHOLIN

KEEP OUT OF REACH

*THIS STATEMENT
EVALUATED BY THE
ADMINISTRATION
NOT INTENDED TO
CURE OR PREVENT

For maximum benefit
product in a cool

MADE IN USA

Formulated/Manufactured
for AdvoCare® International
Plano, TX 75074 • 800

For more information
visit www.advocare.com

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