

SUGGESTED USE:
Stir packet into 8 oz of cold water or juice and mix vigorously. Take up to 2 per day.

SUPPLEMENT FACTS 1 Serving Per Stick Packet (10g), Amount Per Serving: Calories 40, Total Carbohydrate (4%^{**}), Total Sugars 9g¹ Including 9g Added Sugars (18%^{**}), Magnesium (as magnesium citrate) 40 mg (10%), Potassium (as potassium citrate) 100 mg (2%). Proprietary Blend 125 mg¹: Fenugreek Seed 8:1 concentrate (*Trigonella foenum graecum*), Blessed Thistle 4:1 concentrate (aerial parts)(*Cnicus benedictus*), Anise Seed (*Pimpinella anisum*) (Concentrates equivalent to 860 mg dried herb/serving).
¹Percent Daily Values are based on a 2,000 calorie diet. ²Daily Value not established.

OTHER INGREDIENTS: Cane Sugar, Maltodextrin, Vegetable Concentrates (beet, carrot) (color), Citric Acid, Malic Acid, Natural Flavor, Dextrin, Steviol Glycosides (extracted and purified from natural stevia leaf), Rice Hulls.

980801BRK24

Manufactured in a GMP-certified facility for & distributed by UpSpring LLC, 4209 South Industrial Dr. Suite 200, Austin, TX 78744. Questions? 1-877-449-4647.

*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.

DO NOT USE THIS PRODUCT DURING PREGNANCY. In rare occasions, individuals allergic to peanuts or other legumes may experience allergic/asthma symptoms due to fenugreek. If breastfeeding, taking medication, or have medical conditions (allergic individuals or diabetes), consult your healthcare professional prior to use. Discontinue use and consult your healthcare professional if any adverse reactions occur. Not intended for use by persons under the age of 18 years old.

glow with
the flow!

delicious berry flavor



upSpring®

milkflow®
berry
drink mix

fenugreek +
electrolytes

breastfeeding
supplement



mix with your favorite beverage



NET WT 0.35 OZ (10 g)