



Supplement Facts

Serving Size 1 Envelope (11g)		
Servings Per Container 14		
Amount Per Serving		%Daily Value
Calories	40	
Total Carbohydrate	2 g	1%**
Protein	7 g	**
Vitamin C (as Ascorbic Acid)	27 mg	45%
Niacin (as Niacinamide)	4 mg	20%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.4 mg	20%
Biotin	300 mcg	100%
Sodium	25 mg	1%
Gelatin	8 g	***

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

Other Ingredients: Maltodextrin, Citric Acid, Creamer (Corn Syrup Solids, Modified Food Starch, Partially Hydrogenated Soybean Oil, Titanium Dioxide Color, Xanthan Gum), Natural and Artificial Flavor, Aspartame****, Tricalcium Phosphate, Yellow 5, Yellow 6.

****PHENYLKETONURICS: CONTAINS PHENYLALANINE

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if packet is torn or open.