

**Directions:** Ages 14 and up, one (1) packet daily. Empty contents into a glass, add 4–6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use.

# Supplement Facts

Serving Size 1 Packet (8.4 g)

Amount Per Serving	% Daily Value	
Calories	25	
Total Carbohydrate	5 g	2%†
Total Sugars	5 g	*
Includes 5 g Added Sugars		10%†
Vitamin C (as ascorbic acid, zinc ascorbate)	250 mg	278%
Thiamin (as thiamine hydrochloride) (Vit. B <sub>1</sub> )	0.36 mg	30%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B <sub>2</sub> )	0.39 mg	30%
Niacin (Vit. B <sub>3</sub> )	4 mg	25%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg	588%
Folate (Vit. B <sub>9</sub> )	167 mcg DFE (100 mcg Folic Acid)	42%
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg	1,042%
Pantothenic Acid (as calcium pantothenate) (Vit. B <sub>5</sub> )	2.5 mg	50%
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate)‡	50 mg	4%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate)‡	38 mg	3%
Magnesium (as magnesium hydroxide, magnesium carbonate)‡	53 mg	13%
Zinc (as zinc ascorbate)	2 mg	18%
Manganese (as manganese gluconate)	0.5 mg	22%
Chromium (as chromium picolinate)	10 mcg	29%
Sodium (as sodium bicarbonate, monobasic sodium phosphate)‡	75 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate)‡	200 mg	4%
Elderberry Juice Concentrate ( <i>Sambucus nigra</i> )	50 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established. ‡ Electrolytes

**Other Ingredients:** Sugar, Fructose, Citric Acid, Maltodextrin, Malic Acid. **Contains <2% of:** Blackberry Juice Concentrate (flavor), Glycine, L-Aspartic Acid, Natural Flavors, Rebaudioside A (extracted and purified from natural stevia leaf), Silicon Dioxide, Tartaric Acid, Vegetable Concentrates (carrot, hibiscus) (color).

As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use.

Not formulated for use in children.

**Keep out of reach of children.**

Store at room temperature. Protect from moisture.

Carton contains individual packets. Do not use if packet seal is torn or broken.

Distributed by: **Alacer Corp.**

Carlisle, PA 17013

Consumer Line: 1.888.425.2362

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