

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 (9.2 g)

Amount Per Serving	% Daily Value	
Calories	35	
Total Carbohydrate	9 g	3%†
Total Sugars	6 g	*
Includes 6 g Added Sugars		13%†
Vitamin C (as ascorbic acid, zinc ascorbate)	250 mg	278%
Thiamin (as thiamine hydrochloride (Vit. B ₁))	0.36 mg	30%
Riboflavin (as riboflavin-5'-phosphate (Vit. B ₂))	0.39 mg	30%
Niacin (Vit. B ₃)	4 mg	25%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	588%
Folate (Vit. B ₉)	167 mcg DFE (100 mcg Folic Acid)	42%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	1,042%
Pantothenic Acid (as calcium pantothenate (Vit. B ₅))	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)	70 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate)	200 mg	4%
Organic KSM-66® Ashwagandha (<i>Withania somnifera</i>) Root Extract	250 mg	*

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

* Daily Value not established.

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

Distributed by: **Alacer Corp.**
Warren, NJ 07059

Questions? Comments? Call 1-800-245-1040

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

Do not consume if you are pregnant or nursing.

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.

†Antioxidants for immune support and ashwagandha to
help reduce occasional feelings of stress*.

‡Calcium, Phosphorus, Magnesium, Sodium and Potassium