



DIRECTIONS FOR USE

1

Pour contents of packet into a cup

2

Add 8fl oz of water into the cup and stir

As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used. This product contains no added wheat, soy, yeast, gluten, artificial flavor, salt, preservatives, or milk.

WARNING: Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping, or discomfort. If you are currently taking MAOI or ACE inhibitors, you should not use this product. If you have phenylketonuria, high blood pressure, thyroid disease, Graves' disease, schizophrenia, or bipolar disorder, you should not use this product. If you are currently using any prescription medication, have an ongoing medical condition, or are pregnant or nursing, you should consult your healthcare provider before using this product. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping, or discomfort.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. Do not use if packet has been opened.

Supplement Facts

Serving Size: 1 packet (13.3g)

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrates	6 g	2%
Total Sugars	8 g	..
Includes 4g added sugars		8%
Vitamin C (ascorbic acid)	100 mg	111%
Vitamin B2 (Riboflavin)	3.3 mg	254%
Niacin	15 mg	94%
Vitamin B6 (Pyroxine)	4.1 mg	41%
Folic Acid	30 mcg	7.5%
Vitamin B12	3.6 mcg	120%
Pantothenic Acid	4 mg	80%
Magnesium (Citrate, Glycinate)	200 mg	48%
Zinc (Gluconate)	1.3 mg	12%
Copper (Gluconate)	166 mcg	18%
Chromium	215 mcg	614%
Sodium	75 mg	3%
Potassium (Bicarbonate)	335 mg	7%
Açaí Fruit Juice	300 mg	..
L-Phenylalanine	200 mg	..
L-Taurine	125 mg	..
L-Tyrosine	100 mg	..
Guarana Seed Extract ø	160 mg	..
Mangosteen	100 mg	..
Glycine	100 mg	..
Coenzyme Q-10	60 mg	..
Pomegranite Extract	50 mg	..
Yerba Maté Extract	45 mg	..
Green Tea Extract	25 mg	..
Carnitine (Tartrate)	20 mg	..
Lipase	5 mg	..
Boron	2 mg	..

Other Ingredients: Fructose, citric acid, malic acid, grape fruit powder, orange juice powder, silicon dioxide, raspberry flavor, stevia leaf, white grape flavor, orange flavor, beet root powder, grape flavorraspberry fruit, Lio han fruit extract, apple fiber, black cherry flavor, grape skin extract, passion fruit flavor, maltodextrin, glucose, calcium sulfate, stearic acid, lemon & lime flavor.

ø herbal sources of caffeine (24mg/serving)



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WARNING: Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping, or discomfort. If you are taking any other sleep aid, MAOI inhibitors, or other antidepressants such as Zoloft or Paxil, psychoactive or tranquilizing drugs such as Klonopin or Valium, or pain medications such as Demerol or Ultram, you should consult your healthcare provider before using this product. Take this supplement separately from prescription drugs. If you are currently using any prescription medication or have an ongoing medical condition, you should consult your healthcare provider before using this product. Women who are pregnant or nursing should not use this product.

KEEP OUT OF REACH OF CHILDREN.

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Supplement Facts

Serving Size: 1 packet (13.3g)

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrates	4 g	1%
Total Sugars	4 g	..
Includes 4g added sugars		7%
Vitamin A (1% as beta-carotene)	362 mcg RAE	40%
Vitamin C (ascorbic acid)	604 mg	671%
Vitamin B2 (Riboflavin)	2.9 mg	223%
Niacin	20 mg	125%
Vitamin B6 (Pyroxine)	4 mg	235%
Vitamin D3	12.5mcg (500IU)	63%
Calcium (Lactate, Carbonate)		
Phosphate, Sulfate, Citrate	375 mg	29%
Magnesium (Citrate, Glycinate)		
Carbonate, Oxide)	300 mg	22%
Manganese (Sulfate)	.5 mg	22%
Sodium	25 mg	1%
Potassium (Bicarbonate)	384 mg	8%
L-Tryptophan	500 mg	..
Boron (Citrate)	.5 mg	..

Other Ingredients: Fructose, citric acid, orange juice powder, malic acid, glucose, orange flavor, maltodextrin, silicon dioxide, stevia leaf, passion fruit flavor, mango flavor, Lio han fruit extract, calcium sulfate, stearic acid, and vanilla flavor.

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cognitive health.‡

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