

SUGGESTED MIXING INSTRUCTIONS: Add 1 packet (7 grams) to 300 to 400ml(10 to 14 fluid ounces) of water and mix well.

Supplement Facts

Serving Size: 1 Packet (7g)

Serving Per Container: 10

	Amount per serving	% Daily Value
Calories	35	
Total Carbohydrate	3 g	1%*
Niacin(as niacinamide and niacin)	32 mg	200%
Vitamin B6(as pyridoxine HCl)	1.7 mg	100%
Vitamin B12(as methylcobalamin)	100 mcg	4167%
Pantothenic Acid(as d-calcium pantothenate)	5 mg	100%
Caffeine	60 mg	**
Energy Blend	4250mg	**
D-Ribose, Beta Alanine, Leucine, Taurine,		
L-Valine, L-Isoleucine, L-Carnitine Tartrate,		
L-Theanine, L-Lysine, L-Phenylalanine,		
L-Threonine, L-Methionine, L-Tryptophan,		
L-Histidine		

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

**Daily Value not established.

Other Ingredients: Citric Acid, Natural Flavor, Tapioca Maltodextrin, Malic Acid, Stevia Extract, Silicon Dioxide, and Beta Carotene(for color).