

# AdvoCare Spark<sup>®</sup> Energy Drink - Variety Pack

A SUGAR-FREE SOURCE OF LONG-LASTING ENERGY\*



\$22.95 per box

(12 pouches)

A4020 - Variety Pack (Watermelon, Tangerine and Raspberry Tea)



## AdvoCare Spark<sup>®</sup> Energy Drink

Vitamin & Amino Acid Supplement

### KEY BENEFITS:

- Enhances mental energy and focus\*
- Provides support for long-lasting energy\*
- Helps fight occasional drowsiness\*
- 21 vitamins, minerals and nutrients
- Sugar-free and only 45 calories
- Helps reduce free radicals\*

### IS THIS YOU?

- Someone who has trouble waking up or feels "energy slumps" throughout the day
- Someone who can't work up enough energy to live life the way you want
- Someone who is looking for a more nutritious alternative to coffee, soda or other energy drinks

### THE ISSUE:

In today's fast-paced environment, it doesn't take much to cause your body and your mind to simply run out of steam. When you're low on energy, usually every facet of your life suffers to some degree. Low-energy levels are often precursors to poor weight management, increased mental and physical stress, and much more. Most of us don't eat like we should or exercise enough – many times because we are too tired at the end of the day to dedicate 30 minutes or more to exercise. Furthermore, we often look to popular choices like soda and coffee drinks as a quick source of energy, though they are often high in sugar and calories. And even though they might provide the quick bolt of energy we're looking for, it disappears just as quickly, usually lasting no more than 30 minutes. Experience shows that when you increase your energy, you're often more likely to improve your overall health. For peak performance and vibrant health, we need sustained and focused energy. Poor diets, lack of physical activity and the demands of our everyday lifestyle can drain our energy, promote weight gain and lead to a variety of negative physical conditions. What we need is an energy drink that is quick to respond, long lasting, and not full of sugar and calories.

### THE SOLUTION: AdvoCare Spark<sup>®</sup>

AdvoCare Spark Energy Drink is a unique multi-nutrient system that was developed as a nutritional source of energy and enhanced mental focus.\* It's a sugar-free drink mix that has more than 20 vitamins, minerals and nutrients that work synergistically to provide a healthy, balanced and effective source of energy that won't overburden or overstimulate your body like other energy drinks on the market.\* This amazing product serves as an all-in-one solution that gives you a quick boost of energy that lasts for hours.\* With three

refreshing flavors (Watermelon, Tangerine and Raspberry Tea), you're sure to find one that's perfect for you. And the best part? Only 45 calories in each serving!

Ingredients in AdvoCare Spark Energy Drink contribute to supporting sustained energy or mental focus in several ways.\*

**For a quick boost of energy\*:** AdvoCare Spark Energy Drink contains an effective amount of caffeine to give you the quick boost you're looking for.\* Caffeine supports the processes in the central nervous system and muscles that enhance mental energy and focus in a relatively short amount of time.\* The amino acid taurine helps provide the fast-acting energy you need that won't overstimulate or overburden your body.\*

**For long-lasting energy\*:** The B vitamins that are present in each serving of AdvoCare Spark Energy Drink enhance your body's natural ability to produce and sustain its own energy, leading to long-lasting benefits.\* Since your body looks to carbohydrates, protein and fat as its primary sources of energy, it makes sense to enhance the metabolism of each for optimal energy production. B vitamins such as thiamine, riboflavin, niacin, vitamin B-12 and vitamin B-6 all specifically contribute to the conversion of the foods we eat and the calories we store for energy.

**For mental focus and clarity\*:** The neuroactive amino acids in AdvoCare Spark Energy Drink help increase your mental focus and alertness by supporting your brain's ability to receive and send messages to and from the nervous system.\* For example, L-tyrosine an amino acid found in dietary proteins, is believed to improve mental energy and focus by serving as a precursor for specific neurotransmitters. Furthermore, the choline and GABA found in AdvoCare Spark Energy Drink are essential for nerve function, muscle control, memory and many other functions.\* Together, the nutrients found in AdvoCare Spark Energy Drink provide the energy, mental focus and well-rounded nutrition that makes it the most effective energy drink on the market.\*

## Compare AdvoCare Spark

Ingredients/Facts	AdvoCare Spark®	Regular Brewed Coffee	The Coca-Cola Company® Coca-Cola®	Red Bull®	Rockstar®	Starbucks® Grande Mocha Frappuccino® Whip †
Serving Size	One Pouch 8 fl. oz.	8 fl. oz.	12 fl. oz.	8.3 fl. oz.	8 fl. oz.	16 fl. oz.
Servings per Container	1	1	1	1	1	1
Calories	45	2	146	110	140	380
Total Fat	0	0.5g	0	0	0	15g
Saturated Fat	0	0	0	0	0	9g
Cholesterol	0	0	0	0	0	55mg
Sodium	0	5mg	50mg	200mg	40mg	240mg
Potassium	0	116mg	0	0	0	0
Total Carbohydrates	11g	0	41g	28g	31g	57g
Sugars	0	0	41g	27g	31g	47g
Protein	0	0.28g	0	0	0	6g
Vitamin A	20%	0	0	0	0	10%
Vitamin C	300%	0	0	0	0	0
Vitamin E	100%	<1%	0	0	0	0
Thiamine	200%	2%	0	0	0	0
Riboflavin	200%	11%	0	0	100%	0
Niacin	300%	2%	0	100%	100%	0
Vitamin B-6	750%	<1%	0	250%	100%	0
Vitamin B-12	750%	0	0	83%	100%	0
Pantothenic Acid	500%	6%	0	50%	100%	0
Zinc	20%	<1%	0	0	0	0
Total Caffeine	120mg	95-150mg	35mg	80mg	80mg	115mg

† Caffeine content of specialty coffees, *Journal of Analytical Toxicology*, Vol. 27, October 2003.

AdvoCare Spark® excels when compared to the competition because its advanced formulation is more nutritionally well-rounded with no sugar and fewer calories,

providing a healthy, effective source of energy that's based on proven science.\*

All entries in the comparison table have been made on the basis of information available from a variety of sources. To the best of our knowledge, this information is accurate and complete as of publication of this document. All trademarks, product names and company names or logos cited herein are the property of their respective owners.

### Directions For Use:

For ages 12 and older.

Blend, shake or stir contents of one pouch into 8 fluid ounces of water or the beverage of your choice.

May consume 1 to 3 times per day, preferably between meals.

### CAUTION:

Children and pregnant or nursing women should consult a healthcare professional prior to use. Not for use by persons who are sensitive to caffeine or choline.

### Key Ingredients:

B-vitamin complex (thiamine, riboflavin, niacin, vitamin B-6, vitamin B-12 and pantothenic acid), taurine, L-tyrosine, choline, caffeine, GABA (gamma-aminobutyric acid), citrus flavonoids, inositol

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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## AdvoCare Spark® Variety Pack Watermelon, Tangerine, Raspberry Tea

<b>SUPPLEMENT FACTS</b>		
Serving Size: 1 pouch (0.53 oz/15g) [makes 8 fl oz prepared] (4 Watermelon, 4 Tangerine, 4 Raspberry Tea) Servings Per Container: 12		
	<b>Amt Per Serving</b>	<b>%DV</b>
Calories	45	
Total Carbohydrate	11g	4%†
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	180mg	300%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamine (as HCl)	3mg	200%
Riboflavin	3.4mg	200%
Niacin (as niacinamide)	60mg	300%
Vitamin B-6 (as pyridoxine HCl)	15mg	750%
Vitamin B-12 (as cyanocobalamin)	45mcg	750%
Pantothenic acid (as calcium pantothenate)	50mg	500%
Zinc (as zinc monomethionine)	3mg	20%
Copper (as copper glycinate)	200mcg	10%
Chromium (as chromium citrate)	24mcg	20%
Choline (as bitartrate and citrate)	500mg	*
L-Tyrosine	500mg	*
Taurine	200mg	*
Caffeine	120mg	*
Glycine	100mg	*
Citrus flavonoids	50mg	*
Gamma-aminobutyric acid (GABA)	50mg	*
L-Carnitine (as tartrate)	10mg	*
Inositol	10mg	*

†Percent Daily Values (DV) are based on a 2,000-calorie diet.  
\*Daily Value not established.

OTHER INGREDIENTS: **WATERMELON:** MALTODEXTRIN, CITRIC ACID, BEET ROOT EXTRACT (FOR COLOR), NATURAL & ARTIFICIAL FLAVORS, SILICON DIOXIDE, SUCRALOSE; **TANGERINE:** MALTODEXTRIN, CITRIC ACID, NATURAL FLAVORS, SILICON DIOXIDE, SUCRALOSE; **RASPBERRY TEA:** MALTODEXTRIN, INSTANT BLACK TEA, NATURAL & ARTIFICIAL FLAVORS, SILICON DIOXIDE, SUCRALOSE.

**Directions For Use:** Blend, shake or stir contents of one pouch into 8 fluid ounces of water or the beverage of your choice. May consume 1 to 3 times per day, preferably between meals.

**CAUTION:** PREGNANT OR NURSING WOMEN SHOULD CONSULT A HEALTHCARE PROFESSIONAL PRIOR TO USE. NOT FOR USE BY PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.

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