



Supplement Facts

Serving Size: 1 Stick (2.3 g)

Servings per Container: 30

Amount per Serving		% DV
Vitamin A (as retinyl palmitate)	28.80 mcg	3.2%
Vitamin C (as ascorbic acid)	10.00 mg	11.1%
Vitamin D (as cholecalciferol)	0.60 mcg	3.0%
Vitamin E (as d-alpha tocopheryl succinate)	4.00 mg	26.7%
Thiamin (as thiamin mononitrate)	0.30 mg	25.0%
Riboflavin	0.23 mg	17.7%
Niacin (as niacinamide)	1.50 mg	9.4%
Vitamin B6 (as pyridoxine hydrochloride)	0.60 mg	35.3%
Folate (as folic acid)	24.00 mcg DFE	6.0%
Vitamin B12 (as cyanocobalamin)	15.00 mcg	625.0%
Biotin	18.00 mcg	60.0%
Pantothenic Acid (as d-calcium pantothenate)	0.35 mg	7.0%
Choline (as choline bitartrate)	9.00 mg	1.6%
Calcium (as chelate)	22.00 mg	1.7%
Iron (as chelate)	0.23 mg	1.3%
Phosphorus (as chelate)	14.00 mg	1.1%
Iodine (from Atlantic kelp)	3.40 mcg	2.3%
Magnesium (as chelate)	10.00 mg	2.4%
Zinc (as chelate)	0.80 mg	7.3%
Selenium (as chelate)	3.40 mcg	6.2%
Copper (as chelate)	0.12 mg	13.3%
Manganese (as chelate)	0.16 mg	7.0%
Chromium (as chelate)	0.01 mcg	0.03%
Molybdenum (as chelate)	2.40 mcg	5.3%
Potassium (as chelate)	4.00 mg	0.1%

Proprietary Blend 18.75 mg **
[DL-Phenylalanine, Vanadium Chelate, Lemon Bioflavonoid Complex 10% (from *Citrus Limon* Fruit), L-Glutamine, Inositol, L-Methionine, Boron Chelate, Grape Seed Extract, Ginkgo Leaf Extract, Germanium Sesquioxide, Nickel Chelate]

**Daily Value Not Established

Other Ingredients: Citric Acid, Malic Acid, Beet Juice Powder, Magnesium Stearate (from coconut oil), Glycine, Mineral Wax, Stevia Extract, Natural Flavor

ABOUT

Enjoy our proprietary EMPowerplus™ technology in a refreshing drink. The most important nutritional supplement in the world with 36 vitamins and minerals, 34 medical journal publications, and thousands of lives improved for more than 20 years, is now available as a beverage to supplement your regular EMPowerplus™ regimen. They are a healthful alternative to artificially-flavored fruit drinks or carbonated beverages and even make tasty frozen treats.

EMPowerplus™ Hydro Sticks can be enjoyed by young and old alike. They have been proven helpful, especially for those who can't take capsules or powders, but do not have the same level of benefits as EMPowerplus Lightning™ DTM Sticks and EMPowerplus™ capsules.*

FLAVOR

Raspberry

INSTRUCTIONS

Simply shake the packet before opening, add to 16 oz. of water, stir, and enjoy!

Dosage may vary, but we recommend starting with 1 stick mixed in 16 ounces of water per day.

*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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