



NON-GMO



GLUTEN FREE



DAIRY FREE



SUGAR FREE

Supplement Facts

Serving Size: 1 Stick

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	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: Erythritol, Natural Flavors, Malic Acid, Magnesium Stearate (from coconut oil), Glycine, Citric Acid, Mineral Wax

ABOUT

EMPowerplus Lightning™ has the same formula of 36 vitamins and minerals that is in the original EMPowerplus™ Advanced with a revolutionary direct-to-mouth (DTM) powder delivery system. It is backed by some impressive science and more than 20 years of personal stories of improved health and well-being.

Whether you struggle with sleeping, have low energy, are unable to focus, or just want to add the highest quality nutritional ingredients possible to your healthy lifestyle, EMPowerplus Lightning™ can make a difference. Remember, it's not what you take, it's what you absorb! Our Lightning™ products are designed for maximum bioavailability. In other words, they are created so your body recognizes and utilizes them as nutrition almost immediately.*

FLAVORS

Banana, Sour Berry, Tropical Punch

INSTRUCTIONS

Do not mix with water. Simply shake the packet, tear it open, pour the contents on or under your tongue, and hold them in your mouth for 30-45 seconds.

The vitamins, minerals, and nutrients will be absorbed sublingually, bypassing your gut for optimal uptake by your body and brain.

Dosage may vary, but we recommend starting with 1 stick by mouth 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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