



NON-GMO



GLUTEN FREE



DAIRY FREE



SUGAR FREE

Supplement Facts

Serving Size: 1 Stick (5.2 g)

Servings per Container: 20

Amount per Serving		% DV
Vitamin A (retinyl palmitate)	28.8 mcg	3.3%
Vitamin C (ascorbic acid)	10 mg	11.1%
Vitamin D (cholecalciferol)	0.60 mcg	3.0%
Vitamin E (d-alpha tocopheryl succinate)	4.00 mg	26.7%
Thiamin (thiamin mononitrate)	0.30 mg	25.0%
Riboflavin	0.23 mg	17.7%
Niacin (niacinamide)	1.50 mg	9.4%
Vitamin B6 (pyridoxine hydrochloride)	0.60 mg	35.3%
Folic Acid	0.02 mg	8.3%
Vitamin B12 (cyanocobalamin)	0.02 mg	833.3%
Biotin	0.02 mg	66.7%
Pantothenic Acid (d-calcium pantothenate)	0.35 mg	7.0%
Choline (as choline bitartrate)	9 mg	1.64%
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 mg	28.6%
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: Magnesium Stearate (from coconut oil), Glycine, Citric Acid, Mineral Wax, Inositol, Choline Bitartrate, L-Tyrosine, DMAE, Natural Caffeine, L-Theanine, Himalayan Salt, D-Ribose, Alpha GPC, Mucuna Pruriens Extract, Theobromine, Guarana Extract, Yerba Mate Extract, Bacopa Monnieri Extract, Natural Flavor, Malic Acid, Tartaric Acid, Beet Juice Powder, Sucralose, Xanthan Gum, Spirulina

ABOUT

EMPowerplus™ Thunder Sticks are an energy-boosting caffeinated drink mix with the added benefit of the most important nutritional supplement in the world. EMPowerplus™ has 36 vitamins and minerals, 34 medical journal publications, and has improved thousands of lives for more than 20 years. This caffeinated beverage is a great supplement to your regular EMPowerplus™ regimen.

Thunder Sticks are an amazing, natural option for both health and vitality. No crash. No jitters. Just smooth, sustained energy. We use an all-natural blend of caffeine (Yerba Mate Extract, Guarana Extract, Green Tea Extract) that provides your body with a long, steady burn of energy all day long. Enjoy whenever you need a pick-me-up, but note that they have not been shown to have the same level of benefits as EMPowerplus Lightning™ DTM Sticks and EMPowerplus™ capsules.*

FLAVOR

Grape

INSTRUCTIONS

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

Is your drink cloudy? Not to worry! Some of our ingredients are so natural that they aren't even water soluble. Just mix or shake it up and enjoy!

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

*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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