



NON-GMO



GLUTEN FREE



DAIRY FREE



SUGAR FREE

## Supplement Facts

Serving Size: 1 Stick (3.0 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 calcium L-5-MTHF)	24.00 mcg DFE	6.0%
Vitamin B12 (as methylcobalamin)	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

Methylated EMPowerplus Lightning™ is a specially formulated version of our original EMPowerplus Lightning™ direct-to-mouth (DTM) sticks for those whose bodies cannot methylate B vitamins as most can. Individuals with the rare MTHFR gene expression will benefit most from this product. If you are unsure if you would benefit from this formula, reach out to your physician.\*

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, Methylated 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.\*

## FLAVOR

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. Consult a physician familiar with EMPowerplus™ prior to use if you are taking psychotropic medication. Pregnant or lactating women and people with serious medical conditions should consult with a physician prior to use.

\*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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