



NON-GMO



GLUTEN FREE



DAIRY FREE



SUGAR FREE

Supplement Facts

Serving Size: 1 Stik (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

Two products in one! EMPowerplus Lightning™ nutritional supplement combined with Prosper, a powerful combination of prebiotics, probiotics, and digestive enzymes for gut health.

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

Increasing the number of probiotics (tiny living microorganisms that help the body digest food and absorb nutrients) in the gastrointestinal (GI) tract can improve gut health. Other probiotics pack tens of billions of living cultures into a pill hoping at least 2-3% survive. Because the probiotics in Prosper are in spore form, they are able to survive the harsh conditions of the stomach to then find a home in the GI tract—right where they should be. Nearly 100% of them survive, so the 4 billion CFU in Prosper provides far more than you would get with most other probiotic supplements.*

FLAVOR

Cucumber Lime

INSTRUCTIONS

Do not mix with water. Simply shake the packet, 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 while the probiotics absorb in your gut after swallowing remnants.

Dosage may vary, but we recommend starting with 1 stick by mouth per day, preferably after a meal.

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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