



Alka-Seltzer Energy Boost

Directions: Adults: Dissolve 1 tablet in 8-12 ounces of water in a glass or bottle. Drink once daily.

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Calories	5	
Vitamin C	54 mg	60%
Thiamin (B ₁)	1.2 mg	100%
Riboflavin (B ₂)	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B ₆	1.7 mg	100%
Folate	300 mcg DFE (180 mcg Folic Acid)	75%
Vitamin B ₁₂	0.9 mcg	38%
Biotin	135 mcg	450%
Pantothenic Acid	5 mg	100%
Calcium	90 mg	7%
Magnesium	90 mg	21%
Zinc	8.6 mg	78%
Sodium	340 mg	15%
Proprietary Blend	257 mg	**
Caffeine, Guarana (<i>Paullinia cupana</i> [seed]) Extract		

**Daily Value not established.

Ingredients: Citric Acid, Sodium Bicarbonate, Magnesium Sulfate, Sorbitol, Calcium Carbonate, Guarana Extract (seed), Artificial Flavor, Magnesium Carbonate, Maltodextrin; Less than 2% of: Acesulfame Potassium, Ascorbic Acid, Aspartame†, Beet Juice Powder (color), Biotin, Caffeine, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Mannitol, Nicotinamide, Polysorbate 60, Pyridoxine Hydrochloride, Riboflavin Sodium Phosphate, Sodium Carbonate, Thiamine Monophosphate Chloride, Zinc Citrate.

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

This product contains about as much caffeine as a cup of coffee (75 mg).

For Adult Use Only

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

KEEP OUT OF REACH OF CHILDREN

Do not exceed recommended intake

Ask your doctor before use if you are on a sodium-restricted diet.