




SPARK™ Comparison

| | ADVOCARE® SPARK™ | Starbucks® Grande Iced Café Mocha | Coca-Cola® | Red Bull® |
|--|-----------------------------|--|-------------------|------------------|
| Calories | 45 | 350 | 146 | 110 |
| Total Carbohydrates | 11g | 37g | 39g | 28g |
| Sugars | 0 | 27g | 39g | 27g |
| Total Fat | 0 | 20g | 0 | 0 |
| Sodium | 0 | 105mg | 50mg | 200mg |
| Vitamin C | 300% | 0 | 0 | 0 |
| Vitamin E | 100% | | | |
| Thiamine | 200% | 0 | 0 | 0 |
| Riboflavin | 200% | 0 | 0 | 0 |
| Niacin | 300% | 0 | 0 | 100% |
| Vitamins B-6 | 750% | 0 | 0 | 250% |
| Vitamins B-12 | 750% | 0 | 0 | 83% |
| Pantothenic acid | 500% | 0 | 0 | 50% |
| L-Tyrosine/Phenylalanine | 500mg | 0 | 0 | 0% |
| Choline | 500mg | 0 | 0 | 0% |
| Taurine | 200mg | 0 | 0 | 1000mg |
| GABA | 50mg | 0 | 0 | 0% |
| Total Caffeine | 120mg | 259-564mg | 45mg | 80mg |
| COST  | \$.86 – \$1.42 | \$4.16 | \$.99 | \$2.33 |