

NUTRITION FACTS

Vara

SUPPLEMENT FACTS

Serving Size: 1 Packet (4.6g)
Servings Per Container: 28

Amount Per Serving	% Daily Value*
Calories	5
Total Carbohydrates	1g <1%
Sugar	1g **
Vitamin A (as beta-carotene)	1000 IU 20%
Vitamin C (as ascorbic acid)	250mg 417%
Vitamin D (as cholecalciferol)	10 IU 3%
Vitamin E (as d-alpha tocopheryl succinate)	27 IU 90%
Thiamin (Vitamin B1 as thiamine hydrochloride)	1.5mg 100%
Riboflavin (Vitamin B2)	2mg 118%
Niacin (as niacinamide)	50mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	20mg 1000%
Folic Acid	1000mcg 250%
Vitamin B12 (as methylcobalamin)	3mcg 50%
Biotin	50mcg 17%
Pantothenic Acid (as calcium D-pantothenate)	10mg 100%
Calcium (as calcium citrate)	250mg 25%
Iodine (as potassium iodide)	75mcg 50%
Magnesium (as magnesium carbonate)	100mg 25%
Zinc (as zinc gluconate)	15mg 100%
Selenium (as L-selenomethionine)	26mcg 37%
Copper (as copper gluconate)	0.4mg 20%
Manganese (as manganese sulfate)	1mg 50%
Chromium (as chromium niacinate)	50mcg 42%
Molybdenum (as molybdenum citrate)	38mcg 51%
Potassium (from potassium bicarbonate)	60mg 2%
Scandinavian Berry Blend	410mg**
Lingonberry, Arctic Cloudberry (Rubus chamaemorus), Blackberry Fruit, Aronia Fruit Extract and Bilberry Fruit	
Wellness Blend	570mg**
L-Glutathione, Ascorbic Acid, Citrus Bioflavonoid Complex, CoEnzyme Q10 (ubiquinone), D-Ribose, Lutein and Lycopene	

* Percentage Daily Value are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Citric acid, natural flavors, potassium bicarbonate, color added (beet root powder), stevia leaf extract and silica.

Directions: Mix 1 packet with 8–16 ounces of water. Shake well and enjoy!

Vara™ with Seitra® Glutathione