Read the label and answer the questions.

Healthy Tonic

Delicious Tasting Tonic for Optimal Health

This dietary supplement boosts metabolism, improves immune strength, and is packed full of anti-oxidants!

Serving Size 1 teaspoon (5 ml) daily Servings per bottle 52

Directions for use: Mix one teaspoon of Healthy Tonic with 8 ounces your favorite beverage daily.

Tonic Facts*

Saturated Fat	0%	Calories per serving	15
Fiber	3 g	Cholesterol	0 g
Protein	2 g	Sugar	lg
Vitamin A	15%	Vitamin C	100%
Calcium	10%	Potassium	8%
Folate	3%	Iron	2%

Product also contains organic fruit blends, vegetable blends, and herbal blends. No preservatives. Refrigerate after opening.

* % of daily value This product is not intended as a meal replacement.

What is the daily serving size of Healthy Tonic?

How much saturated fat is contained in each serving?

Should this product be used as a meal replacement?

Circle the correct usage instructions.

- Mix 1 teaspoon with 8 ounces your favorite beverage twice daily.
- Mix 1 tablespoon with 8 ounces of your favorite beverage daily.
- Mix 1 teaspoon with 8 ounces of your favorite beverage daily.

Circle the ingredients that Healthy Tonic does not contain.

herbal blends aspirin blends fruit blends animal by-products vegetable blends

What vitamin does Healthy Tonic contain a full daily dosage of ?

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0%	Calories per serving	15
3 g	Cholesterol	0 g
2 g	Sugar	1 g
15%	Vitamin C	100%
10%	Potassium	8%
3%	Iron	2%
	3 g 2 g 15% 10%	3 gCholesterol2 gSugar15%Vitamin C10%Potassium

Product also contains organic fruit blends, vegetable blends, and herbal blends. No preservatives. Refrigerate after opening.

* % of daily value
This product is not intended as a meal replacement.

What is the daily serving size of Healthy Tonic? **1 teaspoon** How much saturated fat is contained in each serving? **none or 0%** Should this product be used as a meal replacement? **no** Circle the correct usage instructions.

- Mix 1 teaspoon with 8 ounces your favorite beverage twice daily.
- Mix 1 tablespoon with 8 ounces of your favorite beverage daily.
- Mix 1 teaspoon with 8 ounces of your favorite beverage daily.

Circle the ingredients that Healthy Tonic does not contain. herbal blends (aspirin blends, fruit blends (animal by-products)) vegetable blends

What vitamin does Healthy Tonic contain a full daily dosage of ? vitamin C

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