



# ENJOY AND SHARE WITH **UPTIME** SUPPLEMENT FACTS

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## Uptime Energy®

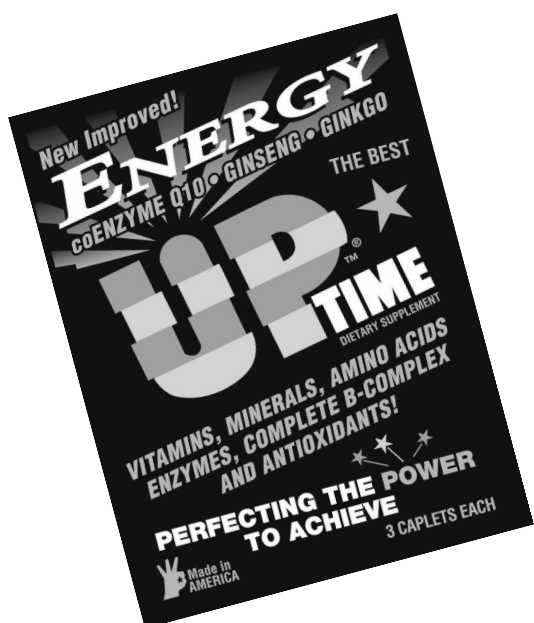
Uptime is the Number One Seller Nationwide. It is a uniquely formulated Super Food Supplement that helps provide the body with vitamins, minerals, amino acids, enzymes, the B-complex and antioxidants. Uptime follows the principle that, "vitamins should be taken as food, that's how nature intended it", and it has become the supplement of choice for people from all walks of life. The reason for Uptime's success is simple: it's safe, legal, effective and it works.

## Contact

Uptime Sports Nutrition  
Post Office Box 90659  
Santa Barbara, CA 93190-0659  
800-441-5656 toll free  
805-564-3494  
805-564-4879 fax

## Available in bottles and packets

91855 / 60 caplet bottle  
91860 / 30 caplet bottle  
91839 / 50 packet box



Ingredient	1 caplet	3 caplets	%DV
Vitamin C .....	300 mg.....	900 mg.....	1,500%
Thiamin (vitamin B1) .....	0.5 mg.....	1.5 mg.....	100%
Riboflavin (vitamin B2) .....	0.56 mg.....	1.7 mg.....	100%
Niacin (niacinamide) .....	6.6 mg.....	20 mg.....	100%
Vitamin B6 (pyridoxine hcl).....	0.6 mg.....	2.0 mg.....	100%
Folic Acid .....	133 mcg.....	400 mcg.....	100%
Vitamin B12 (cobalamin) .....	2 mcg.....	6 mcg.....	100%
Calcium .....	233.3 mg.....	700 mg.....	70%
Chromium .....	3.33 mcg.....	10 mcg.....	8%

## Power Base

**750 mg**

Spirulina Blue Green Algae, Wheat Grass, Alfalfa Leaf, Caffeine, Papaya (fruit), Silica, Cayenne (fruit), Siberian Ginseng extract, Echinacea (herb), Ginkgo Biloba extract, Carnitine (tartrate), Coenzyme Q10, Chromium (dinicotinate).

## Other ingredients:

Calcium Carbonate, Cellulose, Carob, Vegetable Stearin, Magnesium Stearate.

## Suggested use:

As a dietary supplement, three tablets daily, (1 caplet per 50 lbs of body weight), with your favorite beverage for best results. Keep out of the reach of children. Store in a cool, dry place protected from light.

## Perfecting the Power to Achieve!

Uptime was founded with the idea of producing an all natural, high-energy food supplement for active, health-conscious people. Years of intensive research preceded the introduction of Uptime's first food supplement, and it didn't take long for Uptime's products to catch on as athletes, business executives and health-minded people around the world discovered the energizing power of Uptime.

For over 25 years, Uptime has been on the cutting edge as a leader in the field of Natural, Nutritional Food Supplements. Uptime has become the supplement of choice for thousands of professional athletes, and people from all walks of life who want to perfect the power to achieve.



**Health Watch:** Uptime supplements do not contain ma huang or ephedra.