



MULTI-VITAMIN

MULTI-VITAMIN PLUS - CHERRY-POMEGRANATE

The multi-vitamin without the pill. Now that's a PLUS. If you think taking a vitamin pill every day is exciting, you should get out more often.

For the rest of us, there's a multi that's actually fun - Emergen-C® Multi-Vitamin Plus. It's a tasty, fizzy drink that has all the vitamins and minerals you want in a multi, plus it's not a pill.

It gives you 500 mg of vitamin C to support your immune system.* A whole mess of B vitamins for energy and all day staying power.* Choline to help active brain function,* which sounds pretty smart.

Emergen-C Multi-Vitamin Plus. It all adds up to feeling the good.

Supplement Facts

Serving Size 1 Packet (9.4 g)		Servings Per Container 30	
Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 25		Zinc 5 mg	33%
Total Carbohydrate 6 g	2%**	Selenium 55 mcg	79%
Sugars 6 g		Copper 0.9 mg	45%
Vitamin A (29% as beta carotene) 3,500 IU	70%	Manganese 0.5 mg	25%
Vitamin C 500 mg	833%	Chromium 35 mcg	29%
Vitamin D 400 IU	100%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Chloride 35 mg	1%
Vitamin K 25 mcg	31%	Sodium 60 mg	3%
Thiamin 1.5 mg	100%	Potassium 200 mg	6%
Riboflavin 1.7 mg	100%	Real Fruit Juice Powders 125 mg	†
Niacin 20 mg	100%	Choline 38 mg	†
Vitamin B ₆ 2 mg	100%	N-Acetyl Cysteine 10 mg	†
Folic Acid 500 mcg	125%	Acetyl L-Carnitine HCl 10 mg	†
Vitamin B ₁₂ 6 mcg	100%	Monk Fruit (<i>Siraitia grosvenorii</i>) 5 mg	†
Biotin 30 mcg	10%	Olive Fruit Extract 5 mg	†
Pantothenic Acid 10 mg	100%	Alpha Lipoic Acid 1 mg	†
Calcium 100 mg	10%	Quercetin 1 mg	†
Iron 0.9 mg	5%	Lutein 250 mcg	†
Phosphorus 23 mg	2%	Boron 150 mcg	†
Iodine 150 mcg	100%	Vanadium 10 mcg	†
Magnesium 85 mg	21%	Nickel 5 mcg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.

Other Nutrients

Vitamin A is required for normal functioning of the immune system.*

Vitamin D helps modulate immune function.*

Vitamin K is needed for proper bone formation and blood clotting.*

Iron is an essential component of proteins involved in oxygen transportation throughout the body.*

Phosphorus is an essential element used in the body as a structural component and participates in energy production and storage.*

Iodine is a trace mineral needed to make thyroid hormones, which are necessary for maintaining normal metabolism.*

Molybdenum is an essential trace element that plays a part in metabolism.*

Choline plays a role in the structural integrity of cells, nerve transmission, and metabolism.*

Boron is an essential plant nutrient and is believed to play a role in calcium metabolism.*

Vanadium is an ultra-trace mineral found in the human diet and the human body.*

Nickel is a mineral believed to play a role in the functions of vitamin B12, folic acid, and calcium.*

Directions: As a dietary supplement, mix one packet daily with 4-6 oz. of water.

Supplement Facts

Serving Size 1 Packet (9.4 g). Amount Per Serving: **Calories** 25, **Total Carb.** 6 g (2% DV), Sugars 6 g, Vitamin A (29% as beta carotene) (70% DV), Vitamin C (833% DV), Vitamin D (100% DV), Vitamin E (100% DV), Vitamin K (31% DV), Thiamin (100% DV), Riboflavin (100% DV), Niacin (100% DV), Vitamin B₆ (100% DV), Folic Acid (125% DV), Vitamin B₁₂ (100% DV), Biotin (10% DV), Pantothenic Acid (100% DV), Calcium (10% DV), Iron (5% DV), Phosphorus (2% DV), Iodine (100% DV), Magnesium (21% DV), Zinc (33% DV), Selenium (79% DV), Copper (45% DV), Manganese (25% DV), Chromium (29% DV), Molybdenum (60% DV), Chloride (1% DV), **Sodium** 60 mg (3% DV), Potassium (6% DV), Real Fruit Juice Powders 125 mg,* Choline 38 mg,* N-Acetyl Cysteine 10 mg,* Acetyl L-Carnitine HCl 10 mg,* Monk Fruit (*Siraitia grosvenorii*) 5 mg,* Olive Fruit Extract 5 mg,* Alpha Lipoic Acid 1 mg,* Quercetin 1 mg,* Lutein 250 mcg,* Boron 150 mcg,* Vanadium 10 mcg,* Nickel 5 mcg.* Percent Daily Values (DV) are based on a 2,000 calorie diet. *Daily Value not established.

Other Ingredients: Fructose, citric acid, ascorbic acid, magnesium carbonate, natural flavors, calcium carbonate, fruit and vegetable juice colors, potassium carbonate, sodium bicarbonate, pomegranate juice powder, cherry juice powder, malic acid, choline bitartrate, potassium phosphate, potassium chloride, vitamin E acetate, zinc amino acid chelate, potassium bicarbonate, tapioca maltodextrin, beta carotene, niacinamide, sodium phosphate, calcium pantothenate, ferric pyrophosphate, silica, vitamin A acetate, copper lactate gluconate, magnesium hydroxide, cholecalciferol, manganese gluconate, boron amino acid chelate, glycine, niacin, selenium amino acid chelate, pyridoxine hydrochloride, riboflavin 5'-phosphate sodium, phytonadione, aspartic acid, thiamine hydrochloride, vanadium citrate, chromium ascorbate, nickel amino acid chelate, tartaric acid, potassium iodide, molybdenum citrate, and cyanocobalamin. **Contains Soy.**



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Emergen-C dietary supplements feature immune supporting vitamin C,* B vitamins to enhance energy naturally* (no caffeine, no crash), electrolytes to refuel and replenish post-workout,* and more!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.