

Supplement Facts Serving Size 1 Packet (5.5 g) Servings Per Container 30 Amount Per Servin otal Carbohydrate /itamin C (as Ascorbic Acid and from Calcium Ascorbate) 1.0 g (1,000 mg) 1667% hiamin (Vitamin B-1) (from Thiamin HCI) 50% iacin (as Niacinamide) itamin B-6 (from Pyridoxine HCI 500% 4% 30 mcc antothenic Acid (from D-Calcium Pantothenate 2.5 mg 25% Calcium (from Calcium Ascorbate and D-Calcium Pantothenate 2% 15% lagnesium (from Magnesium Carbonate) inc (from Zinc Ascorbate) 33% 50% hromium (from Chromium Aspartate and Chromium Ascorbate odium (from Sodium Bicarbonate) (Trademarked blend of Calcium Ascorbate and Alpha Lipoic Acid) Alpha Lipoic Acid Iderberry (10:1 Concentrate) (Fruit) Powder Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Citric Acid, L-Tartaric Acid, Silica, BetterStevia™ [Certified Organic Stevia Extract (Stevia rebaudiana) (Leaf)], Natural Raspberry Flavor and Malic Acid. Formulated & Distributed by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA For more product information visit www.nowfoods.com/0598

SUGGESTED USAGE: As a dietary supplement, empty 1 packet daily into 4 to 6 oz. of

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

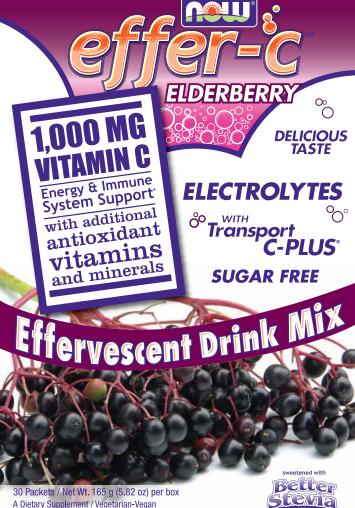
Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a mical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Store in a cool, dry place after opening. Made in the USA

CODE 0598 V2







Seasonal changes and lifestyle challenges are all stressful to a healthy immune system. In order to maintain a healthy system all year round, try Effer-C[™]. This proprietary blend is packed with essential vitamins and minerals necessary to support optimal wellness.

Effer-C[™] from NOW[®] is a convenient effervescent vitamin C supplement unlike any other, which was designed to gently, but quickly replenish the vital electrolytes needed to keep you running efficiently. Effer-C™ provides 1000 mg of vitamin C, including Transport C-PLUS®, a buffered form combined with Alpha Lipoic Acid (known to help the body regenerate Vitamin C) for fast assimilation.

What's more, Effer-C[™] supplies a full complement of B Vitamins and seven minerals to boost energy and restore vital electrolytes. It also offers CoQ10 and Alpha Lipoic Acid for added metabolic support. Effer-C[™] Elderberry is sugar free; it is sweetened with two natural sweeteners - BetterStevia™, nature's perfect touch of sweetness without impurities, and Xylitol. Effer-C™ is specifically formulated so you receive all the benefits of nature's antioxidant defense in one drink and conveniently packaged so you can take it with vou wherever you go,*



