



Supplement Facts

Serving Size 1 Packet (5.5 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	< 1%*
Sugars	0 g	†
Xylitol	2 g	†
Vitamin C (as Ascorbic Acid and from Calcium Ascorbate)	1.0 g (1,000 mg)	1667%
Thiamin (Vitamin B-1) (from Thiamin HCl)	0.76 mg	51%
Riboflavin (Vitamin B-2)	0.5 mg	29%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	15 mcg	4%
Vitamin B-12 (as Cyanocobalamin)	30 mcg	500%
Pantothenic Acid (from D-Calcium Pantothenate)	2.5 mg	25%
Calcium (from Calcium Ascorbate and D-Calcium Pantothenate)	20 mg	2%
Magnesium (from Magnesium Carbonate)	60 mg	15%
Zinc (from Zinc Ascorbate)	5 mg	33%
Manganese (from Manganese Carbonate)	1 mg	50%
Chromium (from Chromium Aspartate and Chromium Ascorbate)	20 mcg	17%
Sodium (from Sodium Bicarbonate)	50 mg	2%
Potassium (from Potassium Bicarbonate)	180 mg	5%
Transport C-PLUS® (Trademarked blend of Calcium Ascorbate and Alpha Lipoic Acid)	230 mg	†
Alpha Lipoic Acid	5 mg	†
CoQ10 (Coenzyme Q10)	5 mg	†
Elderberry (10:1 Concentrate) (Fruit) Powder	500 mg	†

* 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

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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 water.

Transport C-PLUS® is a registered trademark of Helios Corp.

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 medical 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 C0598
Please Recycle. This carton is made from 100% Recycled Material.  CODE 0598 V2


effer-c
AN EFFERVESCENT MIX OF
VITAMINS AND MINERALS

MIXING INSTRUCTIONS

Empty 1 packet into
4 to 6 oz. of water

DELICIOUS
TASTE

ENERGY & IMMUNE
SYSTEM SUPPORT

ELECTROLYTES

WITH
Transport
C-PLUS

ANTIOXIDANT
VITAMINS

+CoQ10


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AN EFFERVESCENT MIX OF
VITAMINS AND MINERALS


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AN EFFERVESCENT MIX OF
VITAMINS AND MINERALS


effer-c
ELDERBERRY

DELICIOUS
TASTE

1,000 MG
VITAMIN C

Energy & Immune
System Support*
with additional
antioxidant
vitamins
and minerals

ELECTROLYTES

WITH
Transport
C-PLUS®

SUGAR FREE

Effervescent Drink Mix

30 Packets / Net Wt. 165 g (5.82 oz) per box
A Dietary Supplement / Vegetarian-Vegan

sweetened with
**Better
Stevia**
ZERO CALORIE SWEETENER

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 you wherever you go.*


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VITAMINS AND MINERALS

