

Supplement Facts

Serving Size 1 Packet (7.5 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Sugars	4 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	†
Natural Lemon Juice Powder	100 mg	†

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

Other ingredients: Organic Turbinado Sugar, Citric Acid, L-Tartaric Acid, Silica, L-Aspartic Acid, Malic Acid, Natural Lime Flavor, Natural Lemon Flavor and BetterStevia™ [Certified Organic Stevia Extract (*Stevia rebaudiana*) (Leaf)].

Formulated & Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/0606

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.

*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
Please Recycle. This carton is made from 100% Recycled Material.



CODE 0606 V2

now
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

now
effer-c
AN EFFERVESCENT MIX OF
VITAMINS AND MINERALS

now
effer-c
LEMON-LIME

DELICIOUS
TASTE

1,000 MG
VITAMIN C

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

ELECTROLYTES

WITH
Transport
C-PLUS®

Effervescent Drink Mix

30 Packets / Net Wt. 225 g (7.94 oz) per box
A Dietary Supplement / Vegetarian-Vegan

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. It is naturally sweetened with turbinado sugar, enhanced by BetterStevia™, for the perfect touch of sweetness without impurities. 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.*

now
effer-c
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VITAMINS AND MINERALS



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