

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 (Leaf)]. Distributed by NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA CODE 0604 v2

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

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effer-c™

**AN EFFERVESCENT MIX OF
VITAMINS AND MINERALS**

LEMON-LIME

Net Wt. 7.5 g (0.26 oz)

A Dietary Supplement

Vegetarian-Vegan



Supplement Facts Serving Size: 1 Packet (7.5g), Amount Per Serving: Calories 15, Total Carb. 4g (1% DV*), Sugars 4g (†), Vitamin C (as Ascorbic Acid/Cal. Ascorbate) 1.0g (1,000mg) (1667% DV), Thiamin (from Thiamin HCl) 0.76mg (51% DV), Riboflavin 0.5mg (29% DV), Niacin (as Niacinamide) 10mg (50% DV), Vitamin B-6 (from Pyridoxine HCl) 10mg (500% DV), Folic Acid 15mcg (4% DV), Vitamin B-12 (as Cyanocobalamin) 30mcg (500% DV), Pantothenic Acid (from D-Cal. Pantothenate) 2.5mg (25% DV), Calcium (from Cal. Ascorbate/D-Cal. Pantothenate) 20mg (2% DV), Magnesium (from Mag. Carbonate) 60mg (15% DV), Zinc (from Zinc Ascorbate) 5mg (33% DV), Manganese (from Mang. Carbonate) 1mg (50% DV), Chromium (from Chrom. Aspartate/Ascorbate) 20mcg (47% DV), Sodium (from Sod. Bicarbonate) 50mg (2% DV), Potassium (from Pot. Bicarbonate) 180mg (5% DV), Transport C-PLUS® 230mg (†), Alpha Lipoic Acid 5mg (†), CoQ10 5mg (†), Natural Lemon Juice Powder 100mg (†). * Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.