

Emergen-C

MSM

DIETARY SUPPLEMENT

Lite 5 Calories
per serving

Citrus Flavored Fizzy Drink Mix

1000 mg
MSM

1000 mg
Vitamin C

NET WT. 0.2 OZ (4.8 g)

Directions: As a dietary supplement, take one packet up to 2 times a day. Empty contents in a glass, add 4-6 oz. of water and stir.

Supplement Facts

Serving Size 1 Packet (4.8 g)

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Sugars	<1 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	1,000 mg	1,667%
Niacin	10 mg	50%
Folic Acid	25 mcg	6%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	417%
Calcium (as calcium carbonate, calcium phosphate)	50 mg	5%
Phosphorus (as potassium phosphate, sodium phosphate, calcium phosphate)	98 mg	10%
Magnesium (as magnesium hydroxide, magnesium carbonate)	60 mg	15%
Zinc (as zinc ascorbate)	2 mg	13%
Manganese (as manganese gluconate)	0.5 mg	25%
Chromium (as chromium ascorbate)	10 mcg	8%
Sodium (as sodium bicarbonate, sodium phosphate)	60 mg	3%
Potassium (as potassium bicarbonate, potassium phosphate)	200 mg	6%
Methylsulfonylmethane (MSM)	1,000 mg	†
Alpha Lipoic Acid	1 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Fructose, natural flavors, citric acid, tapioca maltodextrin, malic acid, silica, glycine, aspartic acid, and tartaric acid.

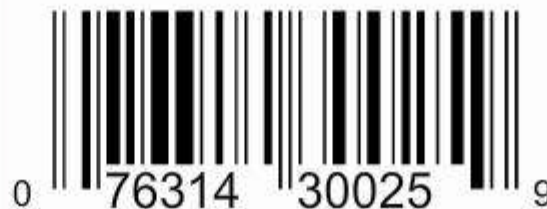
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