

Emergen-C

**VITAMIN D
& CALCIUM**
DIETARY SUPPLEMENT

Mixed Berry

Flavored Fizzy Drink Mix

1000 IU
Vitamin D
and 500 mg
Calcium

500 mg
Vitamin C



NET WT. 0.3 OZ (8.8 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 (8.8 g)

Amount Per Serving		% DV
Calories	20	
Total Carbohydrate	5 g	2%*
Sugars	5 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	500 mg	833%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Thiamin (as thiamine hydrochloride)	0.19 mg	13%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.22 mg	13%
Niacin	2.5 mg	13%
Vitamin B ₆ (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	6.25 mcg	2%
Vitamin B ₁₂ (as cyanocobalamin)	12.5 mcg	208%
Pantothenic Acid (as calcium pantothenate)	2.5 mg	25%
Calcium (as calcium carbonate, calcium phosphate, calcium pantothenate)	500 mg	50%
Magnesium (as magnesium hydroxide, magnesium carbonate)	50 mg	13%
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)	30 mg	1%
Potassium (as potassium bicarbonate, potassium carbonate, potassium phosphate)	110 mg	3%
Alpha Lipoic Acid	1 mg	†
Quercetin	1 mg	†

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

† Daily Value not established.

Other Ingredients: Fructose, malic acid, citric acid, vegetable juice color, natural mixed berry flavors, maltodextrin, raspberry juice powder, silica, tartaric acid, caramel color, stevia (leaf extract), glycine, aspartic acid, and cysteine hydrochloride.



Distributed by:

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