

**Directions:** Ages 14 and up, one (1) packet daily. Empty contents into a glass, add 4-6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use. If you are pregnant, nursing, or taking medication, consult your doctor before use.

## Supplement Facts

Serving Size 1 Packet (9.2 g)

Amount Per Serving	% Daily Value
Calories	35
Total Carbohydrate	8 g 3%†
Total Sugars	7 g *
Includes 6 g Added Sugars	12%†
Vitamin C (as ascorbic acid, zinc ascorbate)	1,000 mg 1,111%
Thiamin (as thiamine hydrochloride) (Vit. B <sub>1</sub> )	0.38 mg 32%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B <sub>2</sub> )	0.43 mg 33%
Niacin (Vit. B <sub>3</sub> )	4 mg 25%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg 588%
Folate (Vit. B <sub>9</sub> )	167 mcg DFE 42% (100 mcg Folic Acid)
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg 1,042%

**Other Ingredients:** Fructose, Citric Acid. **Contains <2% of:** Acacia, Glycine, L-Aspartic Acid, Malic Acid, Maltodextrin, Natural Flavors, Silicon Dioxide, Tangerine Juice Solids (color and flavor), Tartaric Acid.

**Caffeine-Free • Gluten-Free • Vegetarian • Natural Sweeteners & Flavors • Naturally-Sourced Colors**  
Keep out of reach of children.

### Immune Support

1,000 mg of vitamin C plus other antioxidants zinc and manganese support your immune system.\*

### Energy

7 B vitamins including B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, B<sub>9</sub>, and B<sub>12</sub> enhance energy naturally\* without caffeine.

### †Electrolytes

Great for post-workout, replace key electrolytes lost through perspiration.\*

\*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.

\*Based on the USDA.gov nutrient database for a large, raw orange

Amount Per Serving	% Daily Value
Pantothenic Acid (as calcium pantothenate) (Vit. B <sub>5</sub> )	2.5 mg 50%
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate)†	50 mg 4%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate)†	38 mg 3%
Magnesium (as magnesium hydroxide, magnesium carbonate)†	60 mg 14%
Zinc (as zinc ascorbate)	2 mg 18%
Manganese (as manganese gluconate)	0.5 mg 22%
Chromium (as chromium picolinate)	10 mcg 29%
Sodium (as sodium bicarbonate, monobasic sodium phosphate)‡	65 mg 3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate)‡	200 mg 4%

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

## Naturally, It's Good for You!

The Meyer lemon is a master of disguise. It looks like a lemon, but it tastes sweet, kind of like a mandarin orange! With each sip, you can feel the essential nutrients flow through your body in a wave of Emergen-C® rejuvenation. If feeling good is your thing, you found the right box.

Get your free samples at [emergenc.com](http://emergenc.com)!  
While supplies last. See website for limitations.



Fix It  
How You Like It!

Less Water = More Flavor

6 oz.  
5 oz.  
4 oz.

feel the  
Good®

# Emergen-C®

## 1,000 mg Vitamin C

### Daily Immune Support\*

Antioxidants,† B Vitamins & Electrolytes



Natural  
fruit  
flavors

As much  
Vitamin C as  
10 oranges!\*

## Meyer Lemon

Flavored Fizzy Drink Mix with other Natural Flavors  
Caffeine-Free, Gluten-Free, Vegetarian & Naturally Sweetened

30-0.32 OZ. (9.2 g) PACKETS/NET WT. 9.6 OZ (276 g)

DIETARY SUPPLEMENT

\*Vitamin C, Zinc & Manganese

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Our boxes are  
printed with  
vegetable-based inks.



Recyclable

This box is  
recyclable.

Store at room temperature.  
Protect from moisture.  
Carton contains individual packets.  
Do not use if packet seal is torn or broken.

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