

# Emergen-C®

# 1,000 mg Vitamin C

DIETARY SUPPLEMENT

## Raspberry

Flavored Fizzy Drink Mix with  
other Natural Flavors  
Caffeine Free

7 B Vitamins  
Antioxidants†  
Electrolytes

Essential  
Nutrients

† Vitamin C,  
Zinc and  
Manganese

NET WT. 0.32 OZ (9.1 g)

**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** Serv. size: 1 Packet (9.1 g), Amount Per Serving: Calories 35, Total Carb 8 g (3% DV),† Sugars 6 g,\* Vitamin C (as ascorbic acid, zinc ascorbate) 1,000 mg (1,667% DV), Thiamin (as thiamine hydrochloride) (Vit. B1) 0.38 mg (25% DV), Riboflavin (as riboflavin-5-phosphate) (Vit. B2) 0.43 mg (25% DV), Niacin (Vit. B3) 4 mg (20% DV), Vitamin B6 (as pyridoxine hydrochloride) 10 mg (500% DV), Folic Acid (Vit. B9) 100 mcg (25% DV), Vitamin B12 (as cyanocobalamin) 25 mcg (417% DV), Pantothenic Acid (as calcium pantothenate) (Vit. B5) 2.5 mg (25% DV), Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate) 50 mg (5% DV),‡ Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate) 38 mg (4% DV),‡ Magnesium (as magnesium hydroxide, magnesium carbonate) 60 mg (15% DV),‡ Zinc (as zinc ascorbate) 2 mg (13% DV), Manganese (as manganese gluconate) 0.5 mg (25% DV), Chromium (as chromium picolinate) 10 mcg (8% DV), Sodium (as sodium bicarbonate, monobasic sodium phosphate) 65 mg (3% DV),‡ Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) 200 mg (6% DV).† Percent Daily Values (DV) are based on a 2,000 calorie diet. \*Daily Value not established. ‡Electrolytes

**Other Ingredients:** Dried Cane Syrup, Fructose, Citric Acid, Maltodextrin. **Contains <2% of:** Acacia, Caramel Color, Dried Fruit & Vegetable Juice Concentrates (Beet, Blackberry, Raspberry, Cherry) (color and flavor), Glycine, L-Aspartic Acid, Malic Acid, Natural Flavors, Silicon Dioxide, Stevia Leaf Extract, Sucrose, Tartaric Acid.

**Keep out of reach of children.**

Store at room temperature. Protect from moisture.

Do not use if packet seal is torn or broken.



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