

Swanson ULTRA®

The Most Advanced Nutrition Technology

STICK PACKETS

1,000 mg Energy C with Electrolytes featuring Transport-C PLUS®

Vitamin and Mineral Supplement

Natural Orange Flavor



Net Wt 30–0.16 oz (4.6 g) stick packets

Directions: Mix contents of one stick packet with six ounces of water one to two times per day. Adjust water amount to taste.

Supplement Facts

Serving Size 1 Stick Packet 0.16 oz (4.6 g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene) 450 mcg RAE	50%
Vitamin C (as ascorbic acid 1,000 mg and ascorbic acid from Transport-C PLUS®)	1,111%
Thiamin (vitamin B-1) (as thiamin HCl) 0.38 mg	32%
Riboflavin (vitamin B-2) 0.43 mg	33%
Niacin 5 mg NE	31%
Vitamin B-6 (from pyridoxine HCl) 10 mg	568%
Folate 15 mcg DFE (10 mcg folic acid)	4%
Vitamin B-12 (as methylcobalamin) 30 mcg	1,250%
Pantothenic Acid (as d-calcium pantothenate) 2.5 mg	50%
Calcium (from calcium citrate and carbonate) 50 mg	4%
Magnesium (from magnesium oxide) 60 mg	14%
Zinc (from zinc ascorbate) 2 mg	16%
Manganese (from manganese gluconate) 0.5 mg	22%
Chromium (from Chromax® chromium picolinate) 10 mcg	20%
Sodium (from sodium bicarbonate) 68 mg	3%
Potassium (from potassium bicarbonate) 200 mg	4%
Alpha Lipolic Acid 36 mg (from Alpha Lipolic Acid and Transport-C PLUS®)	*
Quercetin 1 mg	*

*Daily Value not established.

Other ingredients: Citric acid, natural orange flavor, stevia, silica, beetroot powder.

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Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

Chromax® is a registered trademark of Nutrition 21.
Transport-C PLUS® is a registered trademark of Helios Corp.

The Ultimate Energizing Vitamin C

Swanson Ultra® Energy C with Electrolytes is designed to deliver bioactive vitamin C and electrolytes quickly and efficiently to fuel your healthy lifestyle. Energy C features innovative Transport-C PLUS®, a gentle form of buffered vitamin C combined with alpha-lipoic acid for maximum bioavailability. Energy C also includes vital electrolytes, energy-supporting B vitamins and the antioxidant bioflavonoid quercetin, providing a complete dietary solution for natural energy and optimal wellness.

- 1,000 mg of energizing vitamin C per serving
- Innovative Transport-C PLUS® with alpha-lipoic acid for optimum bioavailability
- Vital electrolytes, B vitamins and quercetin
- All-natural refreshing orange flavor
- No added sugar—sweetened only with pure, natural stevia!



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