

SOLGAR®
Since 1947

Ester-C®

EFFERVESCENT

1000 mg PLUS ELECTROLYTES

24-Hour Immune Support*
Patented Vitamin C Formula
B Vitamins to Support
Energy Metabolism*



No Artificial Sweeteners • Gluten, Wheat & Dairy Free
Suitable for Vegetarians

DIETARY SUPPLEMENT



Net Wt. 10 g (0.35 oz.)

Natural Raspberry Flavor Packets

SUGGESTED USE: For adults, pour packet into 4-6 fl. oz. of water once daily. Stir or Shake.

Supplement Facts Serving Size: 1 Packet (10 g), Amount Per Serving:
Calories 25, **Total Carbohydrate** 6 g (2%** DV), Sugars 5 g***, Vitamin A (as beta-carotene) 104 IU (2% DV), Vitamin C (as Ester-C® calcium ascorbate) 1,026 mg (1 g) (1,710% DV), Thiamin (vitamin B-1) (as thiamin hydrochloride) 0.38 mg (25% DV), Riboflavin (vitamin B-2) 0.43 mg (25% DV), Niacin (as niacinamide) 5 mg (25% DV), Vitamin B-6 (as pyridoxine hydrochloride) 10 mg (500% DV), Folic Acid 12.5 mcg (3% DV), Vitamin B-12 (as cyanocobalamin) 25 mcg (417% DV), Pantothenic Acid (as d-calcium pantothenate) 2.5 mg (25% DV), Calcium (as Ester-C® calcium ascorbate, calcium carbonate and d-calcium pantothenate) 150 mg (15% DV), Phosphorus (as magnesium phosphate and potassium phosphate) 100 mg (10% DV), Magnesium (as magnesium phosphate) 60 mg (15% DV), Zinc (as zinc ascorbate) 2 mg (13% DV), Manganese (as manganese gluconate) 0.5 mg (25% DV), Chromium (as chromium chloride) 5 mcg (4% DV), Sodium (as sodium bicarbonate) 40 mg (2% DV), Potassium (as potassium carbonate, potassium bicarbonate and potassium phosphate) 400 mg (11% DV), Antioxidant Health Proprietary Blend (Stevia Extract (*Stevia rebaudiana*) (leaf), Quercetin, Alpha Lipoic Acid, Glycine, L-Aspartic Acid, N-Acetyl Cysteine) 58 mg*** – **Percent Daily Values (DV) are based on a 2,000 calorie diet. ***Daily Value (DV) not established.

Other Ingredients: Cane Sugar, Citric Acid, Malic Acid, Beet Juice Color, Natural Raspberry Flavor, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Artificial Flavor, Artificial Sweetener and Preservatives.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if packet is torn or damaged.

*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.

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Solgar's KOF-K certification #K-1250

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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