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**Suggested Usage:** As a dietary supplement, adults mix 1/2 teaspoon with water or juice daily, or as directed by your health professional. Makes an effervescent drink when mixed in liquid.

**Warning:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Packaged by weight, not volume.  
Settling may occur.

Formula #80120 V2

# Effer-C

**Vitamin C with Calcium,  
Magnesium and Potassium**

## Dietary Supplement

Antioxidant support†



**Net Weight**  
**240 g (8.47 oz)**

## Supplement Facts

Serving Size 1/2 Tsp. (Approx. 2.5 g)  
Servings Per Container 96

	Amount Per Serving	%DV
Vitamin C.....	1,175 mg	1,306%
[as calcium, magnesium and potassium ascorbate/ascorbic acid complex]		
Calcium.....	225 mg	17%
[as calcium ascorbate/carbonate complex]		
Magnesium.....	125 mg	30%
[as magnesium ascorbate/oxide complex]		
Potassium.....	49.5 mg	1%
[as potassium bicarbonate/ascorbate complex]		
%Daily Value (DV)		

Other ingredients: Citric acid and rose hips

Manufactured by: Douglas Laboratories  
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