**SUGGESTED USE** Mix one packet of delicious and nutritious Efficient C + Cranberry Benefits with 4 to 8 ounces of water. You can use more or less water to adjust flavor intensity.

For questions about the use of this product Call 800.332.7799.

To learn more visit www.EfficientC.com

FOR OVER 40 YEARS

## **Unsurpassed Purity, Quality and Efficacy**

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT We Remain Uniquely Committed to You and the Planet.



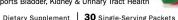


QUESTIONS? | REORDERS?









**Efficient** 

500 mg Non-Acidic Vitamin C • 200 IU Vitamin D3 Full B-Complex • Methyl B12 • Methyl Folate & More

**Cranberry** 

with Pomegranate

500 mg Standardized Cranberry Concentrate Supports Bladder, Kidney & Urinary Tract Health Net Wt 2.96 oz / 84 g

## Andrew Lessman's EFFICIENT C + CRANBERRY BENEFITS reinvents the Vitamin C drink. It provides superior forms and amounts of all key nutrients and its delicious, natural flavor comes with NO calories, sugar or carbohydrates. Each serving provides an ideal 500 mg of Non-Acidic Vitamin C for optimum absorption without stomach upset, along with 500 mg of our **Cranberry Benefits** for unparalleled support of the bladder, kidney and urinary tract. We also include our unique blend of all essential B-Complex vitamins to support virtually all body processes, including energy production and fat metabolism. Plus, our B12 is present as natural methylcobalamin, which avoids the use of cyanocobalamin, a synthetic form of B12 that exposes us to cyanide. We also use naturally active 5-MTHF (5-methyltetrahydrofolate), instead of folic acid, since so many of us cannot metabolize ordinary folic acid. Of course, we also provide essential Vitamin D3. The beverage's rich color does not result from artificial colors, but from an anthocyanin-rich extract of Black Currant providing extensive immune and eye health benefits. We also avoid undesirable carbonation and instead you can enjoy the pure, natural flavor of Efficient C. In short, Efficient C + Cranberry Benefits is a delicious new take on Vitamin C drinks without any of the calories, sugars, carbs, artificial sweeteners or other undesirable additives of typical beverages. Plus, it also provides all the bladder and urinary tract support benefits of our

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler,

popular Cranberry Benefits.

excipient, lubricant, coating, diluent, flowing agent, common allergens, color or preservative. 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.

## Supplement Facts

Serving Size 1 packet (2.8 g)	Servings Per Co	ntainer 30
Amount Per Serving		%DV*
Vitamin C (as magnesium ascorbate/calcium asco	500 mg orbate)	556%
Vitamin D3 (as cholecalciferol)	5 mcg (200 II	J) 25%
Vitamin B1 (as thiamin hydrochloride)	3 mg	250%
Vitamin B2 (as riboflavin)	3 mg	231%
Niacin (as niacinamide)	3 mg	19%
Pantothenic Acid (as calcium pantothen	ate) 3 mg	60%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%
Vitamin B12 (as methylcobalamin - protected Coenz	30 mcg yme B12)	1,250%
Folate Complex 30 mcg DFE (as folic acid/L-methylfolate)	(13 mcg folic aci	d) 7%
Biotin	30 mcg	100%
Calcium (as calcium ascorbate)	25 mg	2%
Magnesium (as magnesium ascorbate)	22 mg	5%
Potassium (as potassium malate)	50 mg	1%
Cranberry, extract (fruit) standardized to 35% fruit acids/17:1 c	500 mg oncentrate	†
Black Currant, extract (fruit)	50 mg	t

standardized to 30% anthocyaning

ther Ingredients. Natural Cranberry Flavor, Natural Pomegranate Flavor. Citri Acid. Malic Acid. non-GMO Proprietary Stevia Leaf Extract. Proprietary Protective