

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.
You have my unwavering Promise.



QUESTIONS? | REORDERS?
800.800.1200 • www.PROCAPSLABS.COM



607219-01M
Manufactured by ProCaps Labs, Henderson, NV 89011

NO CALORIES NO SUGAR NO CARBS

Efficient C

Immune | Energy | Stress
Vitamin C | B-Complex | Vitamin D3
"The Reinvention of the Vitamin C Drink"

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

+ Cranberry Benefits[™] with Pomegranate

500 mg Standardized Cranberry Concentrate
Supports Bladder, Kidney & Urinary Tract Health



Dietary Supplement | **30** Single-Serving Packets | 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 popular Cranberry Benefits.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, 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 Container 30	
Amount Per Serving		%DV*
Vitamin C (as magnesium ascorbate/calcium ascorbate)	500 mg	556%
Vitamin D3 (as cholecalciferol)	5 mcg (200 IU)	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 pantothenate)	3 mg	60%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	30 mcg	1,250%
Folate Complex (as folic acid/L-methylfolate)	30 mcg DFE (13 mcg folic acid)	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 concentrate	500 mg	†
Black Currant, extract (fruit) standardized to 30% anthocyanins	50 mg	†
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Natural Cranberry Flavor, Natural Pomegranate Flavor, Citric Acid, Malic Acid, non-GMO Proprietary Stevia Leaf Extract, Proprietary Protective Methyl B12 Matrix.
CONTAINS NO ADDITIVES OF ANY KIND
This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.