

SUGGESTED USE Mix one packet of delicious and nutritious Efficient C Mixed Berry 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 800.800.1200. To learn more visit www.EfficientC.com.**

Uncompromising quality & purity for over 40 years.

**100% SOLAR PRODUCTION
ZERO-CARBON FOOTPRINT**

**PROCAPS
LABORATORIES**

QUESTIONS? REORDERS?

800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs
Henderson, NV 89011

NO CALORIES NO SUGAR NO CARBS

Efficient 

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

Mixed Berry

**+ Anthocyanin Rich
Bilberry + Black Currant**

Supports Immune System & Eye Health



Dietary Supplement | **30** Single-Serving Packets | Net Wt 2.01 oz / 57 g

EFFICIENT C MIXED BERRY 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. The beverage's rich color does not result from artificial colors, but from our unique blend of anthocyanin-rich extracts of bilberry and black currant providing extensive immune and eye health benefits. 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. We also avoid undesirable carbonation and instead you can enjoy the pure, natural flavor of **Efficient C**. In short, **Efficient C Mixed Berry** 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 immune and eye support benefits of anthocyanin-rich extracts of bilberry and black currant.

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, preservative or genetically modified (GMO) ingredients.

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 (1.9 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%
Bilberry	425 mg	†
Extract (fruit) standardized to 36% anthocyanins	25mg	
Powder (fruit) standardized to 0.5% anthocyanins	400mg	
Black Currant, extract (fruit) standardized to 30% anthocyanins	20 mg	†

* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Citric Acid, Malic Acid, Natural Mixed Berry Flavor, Tartaric Acid, non-GMO Proprietary Stevia Leaf Extract, Proprietary Protective Methyl B12 Matrix.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

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.

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