

Supplement Facts

Serving Size 1 Packet (7.5 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Sugars	4 g	†
Vitamin C (as Ascorbic Acid and from Calcium Ascorbate)	1.0 g (1,000 mg)	1667%
Thiamin (Vitamin B-1) (from Thiamin HCl)	0.76 mg	51%
Riboflavin (Vitamin B-2)	0.5 mg	29%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	15 mcg	4%
Vitamin B-12 (as Cyanocobalamin)	30 mcg	500%
Pantothenic Acid (from D-Calcium Pantothenate)	2.5 mg	25%
Calcium (from Calcium Ascorbate and D-Calcium Pantothenate)	20 mg	2%
Magnesium (from Magnesium Carbonate)	60 mg	15%
Zinc (from Zinc Ascorbate)	5 mg	33%
Manganese (from Manganese Carbonate)	1 mg	50%
Chromium (from Chromium Aspartate and Chromium Ascorbate)	20 mcg	17%
Sodium (from Sodium Bicarbonate)	50 mg	2%
Potassium (from Potassium Bicarbonate)	180 mg	5%
Transport C-PLUS® (Trademarked blend of Calcium Ascorbate and Alpha Lipoic Acid)	230 mg	†
Alpha Lipoic Acid	5 mg	†
CoQ10 (Coenzyme Q10)	5 mg	†
Natural Lemon Juice Powder	100 mg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Organic Turbinado Sugar, Citric Acid, L-Tartaric Acid, Silica, L-Aspartic Acid, Malic Acid, Natural Lime Flavor, Natural Lemon Flavor and BetterStevia™ [Certified Organic Stevia Extract (Stevia rebaudiana) (Leaf)].

Formulated & Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/0606

SUGGESTED USAGE: As a dietary supplement, empty 1 packet daily into 4 to 6 oz. of water.

Transport C-PLUS® is a registered trademark of Helios Corp.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

*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.

Store in a cool, dry place after opening. Made in the USA
Please Recycle. This carton is made from 100% Recycled Material.

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effe^r-c™

1,000 MG OF VITAMIN C

ENERGY & IMMUNE SYSTEM SUPPORT
VITAL ELECTROLYTES*
PLUS VITAMINS & MINERALS
MADE WITH REAL FRUIT

VEGETARIAN-VEGAN / GLUTEN-FREE

GET YOUR FIZZ ON...
EMPTY ONE PACKET INTO 4 TO 6 OZ. OF WATER & ENJOY!



effe^r-c™



effe^r-c™

Effervescent
Drink
Mix

LEMON-LIME

1,000 MG OF VITAMIN C

ENERGY & IMMUNE SYSTEM SUPPORT
VITAL ELECTROLYTES*
PLUS VITAMINS & MINERALS
MADE WITH REAL FRUIT



30 Packets / Net Wt. 225 g (7.94 oz) per box
A Dietary Supplement / Vegetarian-Vegan



effe^r-c™

Seasonal changes and lifestyle challenges are all stressful to a healthy immune system. In order to maintain a healthy system year-round try NOW® Effer-C™, a convenient effervescent Vitamin C supplement unlike any other.

Effer-C™ is a proprietary blend that's loaded with the essential vitamins and minerals necessary to support optimal wellness. It's designed to quickly and efficiently replenish the vital electrolytes needed to keep you running strong all day long. Effer-C™ provides 1,000 mg of Vitamin C including Transport C-PLUS®, a buffered form combined with Alpha Lipoic Acid (known to help the body regenerate Vitamin C) for fast assimilation.

Effer-C™ also supplies the full complement of B vitamins as well as seven minerals to support energy production and help restore important electrolytes. We've included CoQ10 and Alpha Lipoic Acid for added metabolic support. Effer-C™ Lemon-Lime is sweetened with Turbinado Sugar and BetterStevia™ for nature's perfect touch of sweetness. The Vitamin C in Effer-C™ is included for its highly regarded antioxidant capabilities. Best of all, Effer-C™ is conveniently packaged so you can take it wherever you go.*



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