

Supplement Facts

_	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%"
Sugars	0 g	1
Xylitol	1 g	t
Vitamin C (as Ascorbic Acid and from Calcium Ascorbate) 1.	0 g (1,000 mg)	1667%
Thiamin (Vitamin B-1) (from Thiamin HCI)	0.76 mg	51%
Riboflavin (Vitamin B-2)	0.5 mg	29%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B-6 (from Pyridoxine HCI)	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 Lipoi	230 mg c Acid)	†
Alpha Lipoic Acid	5 mg	t
CoQ10 (Coenzyme Q10)	5 mg	†
Cranberry Fruit Powder	100 mg	1

Other ingredients: Natural Apple Flavor, L-Tartaric Acid, Citric Acid, Beet Powder, Natural Cranberry Flavor, Silica, Natural Pomegranate Flavor, Natural Raspberry Flavor, Malic Acid, BetterStevia Will (Certified Organic Stevia Extract (*Stevia rebaudiana*) (Leaft), Natural Grapeskin Powder and L

Formulated & Distributed by NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA For more product information visit www.nowfoods.com/0618

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. Contains Xylitol, do not feed to pets.

'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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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!





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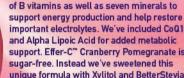


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ENERGY & IMMUNE SYSTEM SUPPORT VITAL ELECTROLYTES* PLUS VITAMINS & MINERALS MADE WITH REAL FRUIT

SUGAR-FREE

30 Packets / Net Wt. 165 g (5.82 oz) per box A Dietary Supplement / Vegetarian-Vegan



take it wherever you go.*

important electrolytes. We've included CoQ10 and Alpha Lipoic Acid for added metabolic support. Effer-C™ Cranberry Pomegranate is sugar-free. Instead we've sweetened this unique formula with Xylitol 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

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

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

supplement unlike any other.





