

Directions: As a dietary supplement, take one packet 2 to 4 times a day. Place contents in a glass, add 4-6 oz. of water.

Supplement Facts

Serving Size 1 packet (3.7 g)
Servings Per Container 30

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%**
Sugars	1 g	
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	1,000 mg	1,667%
Niacin	10 mg	50%
Folic Acid	25 mcg	6%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	417%
Calcium (as calcium carbonate, calcium phosphate)	50 mg	5%
Phosphorus (as potassium phosphate, sodium phosphate, calcium phosphate)	98 mg	10%
Magnesium (as magnesium hydroxide, magnesium carbonate)	60 mg	15%
Zinc (as zinc ascorbate)	2 mg	13%
Manganese (as manganese gluconate)	0.5 mg	25%
Chromium (as chromium ascorbate)	10 mcg	8%
Sodium (as sodium bicarbonate, sodium phosphate)	60 mg	3%
Potassium (as potassium bicarbonate, potassium phosphate)	200 mg	6%
Alpha Lipoic Acid	1 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Fructose, citric acid, tapioca maltodextrin, natural flavors, malic acid, silica, glycine, aspartic acid, tartaric acid, and cysteine hydrochloride.

Distributed by:
Alacer Corp.
Foothill Ranch, CA 92610
www.emergenc.com
1.800.854.0249

Emergen-C®

FEEL THE GOOD®

THE HEALTHIER LIGHTER WAY TO FEEL THE GOOD EVERY DAY!

Mix up a packet of citrus Lemon-Lime Emergen-C Lite and watch it fizz. All of the benefits with only a fraction of the calories – five, if you're counting. With each sip of this great tasting, naturally flavored and naturally sweetened vitamin drink mix you can feel the nutrients flow through your body in a wave of Emergen-C rejuvenation. The powerful blend of vitamins, antioxidants and minerals boost your immunity, increase your metabolic function and ignite your energy level* – without caffeine. If feeling good is your thing, you found the right box.

Check out all our flavors and formulas at emergenc.com

Much more than just Vitamin C

HEALTH BOOST

1,000 mg of vitamin C, zinc, and antioxidants power up your immune system to promote overall health.*

ENERGY BOOST

B Vitamins offer a natural energy boost* – no caffeine, no crash.

ELECTROLYTE BOOST

Great for post-workout – replace key minerals and electrolytes like potassium, sodium, calcium & magnesium lost through perspiration.*

* 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.

DIETARY SUPPLEMENT

Emergen-C®

Health and Energy Booster*

1,000_{mg} Vitamin C

B Vitamins, Antioxidants
and Electrolytes

DIETARY SUPPLEMENT

Lite 5 Calories per serving
Flavored Fizzy Drink Mix

NET WT. 0.1 OZ (3.7 g)/PACKET(30 PACKETS)



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