

**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 (8.4 g)  
Servings Per Container 30

| Amount Per Serving                                                             |          | % DV   |
|--------------------------------------------------------------------------------|----------|--------|
| Calories                                                                       | 20       |        |
| Total Carbohydrate                                                             | 5 g      | 2%**   |
| Sugars                                                                         | 5 g      |        |
| Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)               | 1,000 mg | 1,667% |
| Thiamin (as thiamine hydrochloride)                                            | 0.38 mg  | 25%    |
| Riboflavin (as riboflavin 5'-phosphate sodium)                                 | 0.43 mg  | 25%    |
| Niacin                                                                         | 5 mg     | 25%    |
| Vitamin B6 (as pyridoxine hydrochloride)                                       | 10 mg    | 500%   |
| Folic Acid                                                                     | 12.5 mcg | 3%     |
| Vitamin B12 (as cyanocobalamin)                                                | 25 mcg   | 417%   |
| Pantothenic Acid (as calcium pantothenate)                                     | 2.5 mg   | 25%    |
| Calcium (as calcium carbonate, calcium phosphate, calcium pantothenate)        | 50 mg    | 5%     |
| Phosphorus (as potassium phosphate, calcium phosphate, sodium phosphate)       | 38 mg    | 4%     |
| 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 carbonate, potassium phosphate) | 200 mg   | 6%     |
| Monk Fruit ( <i>Siraitia grosvenorii</i> )                                     | 10 mg    | †      |
| Alpha Lipoic Acid                                                              | 1 mg     | †      |
| Quercetin                                                                      | 1 mg     | †      |

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

Other Ingredients: Fructose, citric acid, natural flavors, fruit and vegetable juice color, blueberry juice powder, tapioca maltodextrin, malic acid, tartaric acid, silica, glycine, aspartic acid, blackberry juice powder, raspberry juice powder, and cysteine hydrochloride.

Distributed by:  
**Alacer Corp.**  
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**Emergen-C** FEEL THE GOOD<sup>®</sup>  
HELP SAVE OUR OCEANS, ONE SIP AT A TIME.

Water is essential to life and to Emergen-C<sup>®</sup>. Naturally, we believe in protecting this vital resource. Introducing Emergen-C BLUE<sup>™</sup>, the deliciously fizzy vitamin drink mix that boosts energy,\* improves health,\* and champions clean water efforts. Whether you're charging a 15-foot wave in Hilo, Hawaii or enjoying a cold glass of agua in Paducah, Kentucky, clean water benefits all. That's why a percentage of Emergen-C BLUE's profits support the Surfrider Foundation<sup>®</sup> – dedicated to protecting the world's oceans, waves and beaches for 20 years. Emergen-C BLUE also does wonders for your well being. A powerful blend of 24 nutrients, antioxidants and minerals that increases your metabolic function and gives you a boost of non-caffeinated energy,\* all in a fun, berry blue flavor. Drop in at [emergencblue.com](http://emergencblue.com) to learn more ways to support the cause.

Please recycle this package and anything else you can. Every little bit helps.

Much more than just vitamin C

**HEALTH BOOST**

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

**ENERGY BOOST**

7 B vitamins including B1, B2, B3, B6 & B12 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.

**Emergen-C**  
Health and Energy Booster\*

**BLUE**<sup>™</sup>  
1,000mg Vitamin C

24 Nutrients with Antioxidants, Electrolytes and 7 B Vitamins

DIETARY SUPPLEMENT

**Berry Blue**  
Flavored Fizzy Drink Mix

NET WT. 0.3 OZ (8.4 g)/PACKET(30 PACKETS)

**Emergen-C**  
Health and Energy Booster\*

**BLUE**<sup>™</sup>  
1,000mg Vitamin C

24 Nutrients with Antioxidants • Electrolytes • 7 B Vitamins

**Berry Blue**  
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DIETARY SUPPLEMENT

