

Directions: For adults, pour packet into 4-6 fl. oz. of water once daily. Stir or Shake.

Supplement Facts

Serving Size 1 Packet (10 g)
Servings Per Container 21

Amount Per Serving	%Daily Value
Calories	20
Total Carbohydrate	5 g 2%**
Sugars	5 g ***
Vitamin C (as Ester-C® Calcium Ascorbate)	1,000 mg 1,710%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	0.38 mg 25%
Riboflavin (Vitamin B-2)	0.43 mg 25%
Niacin (as Nicotinamide)	5 mg 25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 500%
Folic Acid	12.5 mcg 3%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%
Pantothenic Acid (as d-Calcium Pantothenate)	2.5 mg 25%
Calcium (as Ester-C® Calcium Ascorbate, Calcium Carbonate, Dicalcium Phosphate and Monocalcium Phosphate)	150 mg 15%
Phosphorus (as Potassium Phosphate and Sodium Phosphate)	150 mg 15%
Magnesium (as Magnesium Hydroxide and Magnesium Carbonate)	60 mg 15%
Zinc (as Zinc Ascorbate)	2 mg 13%
Manganese (as Manganese Gluconate)	0.5 mg 25%
Chromium (as Chromium Ascorbate)	5 mcg 4%
Sodium (as Sodium Phosphate and Sodium Bicarbonate)	55 mg 2%
Potassium (as Potassium Phosphate and Potassium Bicarbonate)	280 mg 8%
Antioxidant Health Proprietary Blend	45 mg ***
Stevia Extract B's, L-Ala' - β-Ala', Quercetin, Alpha Lipoic Acid, Glycine, L-Aspartic Acid, N-Acetyl Cysteine	

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

***Daily Value not established.

Other Ingredients: Fructose, Malic Acid, Citric Acid, Natural Lemon Lime Flavor, Silica, Vegetable Cellulose.

AMERICAN HEALTH®

Ester-C®
EFFERVESCENT

Take
Once a
Day!

1000mg
PLUS Electrolytes
24-Hour Immune Support*

Patented Vitamin C Formula
B Vitamins to Support Energy Metabolism*

Natural Lemon Lime
FLAVOR PACKETS

100% VEGETARIAN • NON-GMO • NO ARTIFICIAL SWEETENERS
DIETARY SUPPLEMENT

21 - 10 g (0.35 oz.) PACKETS NET WT. 210 g (7.40 oz.)

Ester-C® The Better Vitamin C®

Product No. 51267

The Ester-C® Difference:

**Clinically studied to stay
in white blood cells longer
than regular Vitamin C**

**Patented formula with
24/7 immune support ***

Once A Day Is All You Need

**Ester-C® Effervescent Vitamin C Packets offer 24-hour
immune support in a delicious, natural lemon lime flavored
formula.* Just take one packet daily with 4-6 fl. oz. of
water and you are good to go!**

**Patented Ester-C® increases levels of Vitamin C in the
body – getting into white blood cells (an important part
of your immune system), and staying there longer than
regular vitamin C.* One serving daily of 1000 mg of
Ester-C® delivers 24-hour immune support and potent
antioxidant activity...365 days a year.***

Taken once a day, Ester-C® has your immune health covered.* It supports circulation, is beneficial to joints and connective tissues, helps fight the premature aging of cells, and forms the basis for healthy skin.* Helping to neutralize free radicals, Ester-C® also aids in the nutritional absorption of iron and works with other nutrients to promote overall health.* Along with essential vitamins, such as B-6 and B-12 to support energy metabolism and vital electrolytes to aid in metabolic hydration, Ester-C® Effervescent Formula has got you covered.* Now more than ever, trust your immune health to Ester-C®.*

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Grapefruit, No Artificial Sweetener or Flavor.

Suitable for Vegetarians. Non-GMO.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if packet is torn or open.

Ester-C®, Ester-C® and The Better Vitamin C® are licensed TMs of The Ester-C Company, U.S. Pat. Nos. 6,197,813 and 6,878,744.

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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