

# Emergen-C 1,000 mg Vitamin C – Meyer Lemon

## Dietary Supplement

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

**Directions:** Ages 14 and up, one (1) packet daily. Empty contents into a glass, add 4–6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use.

<b>Supplement Facts</b>		
Serving Size 1 Packet (9.2 g)		
Amount Per Serving	% Daily Value	
Calories	35	
Total Carbohydrate	8 g	3% <sup>†</sup>
Total Sugars	7 g	*
Includes 6 g Added Sugars		12% <sup>†</sup>
Vitamin C (as ascorbic acid, zinc ascorbate)	1,000 mg	1,111%
Thiamin (as thiamine hydrochloride) (Vit. B <sub>1</sub> )	0.38 mg	32%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B <sub>2</sub> )	0.43 mg	33%
Niacin (Vit. B <sub>3</sub> )	4 mg	25%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg	588%
Folate (Vit. B <sub>9</sub> )	167 mcg DFE (100 mcg Folic Acid)	42%
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg	1,042%
Pantothenic Acid (as calcium pantothenate) (Vit. B <sub>5</sub> )	2.5 mg	50%
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate) <sup>‡</sup>	50 mg	4%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate) <sup>‡</sup>	38 mg	3%
Magnesium (as magnesium hydroxide, magnesium carbonate) <sup>‡</sup>	60 mg	14%
Zinc (as zinc ascorbate)	2 mg	18%
Manganese (as manganese gluconate)	0.5 mg	22%
Chromium (as chromium picolinate)	10 mcg	29%
Sodium (as sodium bicarbonate, monobasic sodium phosphate) <sup>‡</sup>	65 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) <sup>‡</sup>	200 mg	4%
<sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet. * Daily Value not established. <sup>‡</sup> Electrolytes		

**Other Ingredients:** Fructose, Citric Acid. **Contains <2% of:** Acacia, Glycine, L-Aspartic Acid, Malic Acid, Maltodextrin, Natural Flavors, Silicon Dioxide, Tangerine Juice Solids (color and flavor), Tartaric Acid.

If you are pregnant, nursing, or taking medication, consult your doctor before use.

**Keep out of reach of children.**

Store at room temperature. Protect from moisture.

Do not use if packet seal is torn or broken.

Distributed by: Alacer Corp.

Carlisle, PA 17013

Consumer Line: 1.888.425.2362