

# Emergen-C Lite MSM – Citrus

## 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 19 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 (4.9 g)   |          |                 |
| Amount Per Serving  |          | % Daily Value   |
| Calories  | 10       |                 |
| Total Carbohydrate  | 3 g      | 1% <sup>†</sup> |
| Sugars  | <1 g     | *               |
| Vitamin C (as ascorbic acid, zinc ascorbate)  | 1,000 mg | 1,667%          |
| Niacin (Vit. B <sub>3</sub> )   | 10 mg    | 50%             |
| Folic Acid (Vit. B <sub>9</sub> )   | 100 mcg  | 25%             |
| Vitamin B <sub>12</sub> (as cyanocobalamin)   | 25 mcg   | 417%            |
| Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate) <sup>‡</sup>  | 50 mg    | 5%              |
| Phosphorus (as monobasic potassium phosphate, monobasic sodium phosphate, monobasic calcium phosphate, tribasic calcium phosphate) <sup>‡</sup> | 98 mg    | 10%             |
| Magnesium (as magnesium hydroxide, magnesium carbonate) <sup>‡</sup>  | 60 mg    | 15%             |
| Zinc (as zinc ascorbate)  | 2 mg     | 13%             |
| Manganese (as manganese gluconate)  | 0.5 mg   | 25%             |
| Chromium (as chromium picolinate)   | 10 mcg   | 8%              |
| Sodium (as sodium bicarbonate, monobasic sodium phosphate) <sup>‡</sup>   | 70 mg    | 3%              |
| Potassium (as potassium bicarbonate, monobasic potassium phosphate) <sup>‡</sup>  | 200 mg   | 6%              |
| Methylsulfonylmethane (MSM)   | 1,000 mg | *               |

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet.  
<sup>\*</sup>Daily Value not established.      <sup>‡</sup>Electrolytes

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**Other Ingredients:** Fructose, Maltodextrin, Citric Acid. **Contains <2% of:** Acacia, Dried Cane Syrup, Dried Orange Juice Concentrate, Glycine, L-Aspartic Acid, Malic Acid, Natural Flavors, Silicon Dioxide, Tartaric Acid, Tocopherols (to preserve freshness).

As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use.

**Keep out of reach of children.** Not formulated for use in 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