

Emergen-C Hydration + Lemon-Lime Twist

Sports Drink Mix

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: Empty contents into 16-20 oz of water and stir.

Nutrition Facts	
Serving Size 1 Packet (9.4g)	
Amount Per Serving	
Calories 30	
	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 400mg	11%
Total Carbohydrate 7g	2%
Sugars 6g	
Protein 0g	
Vitamin C	420%
Calcium	10%
Phosphorus	40%
Magnesium	30%
Manganese	90%

Not a significant source of Calories from Fat, Saturated Fat, *Trans* Fat, Cholesterol, Dietary Fiber, Vitamin A or Iron.

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

Ingredients: Fructose, Citric Acid, Monobasic Potassium Phosphate, Monobasic Sodium Phosphate, Potassium Carbonate, Monobasic Calcium Phosphate, Ascorbic Acid (Vit.C), Magnesium Carbonate, Maltodextrin.

Contains <2% of: Acacia, Calcium Carbonate, Magnesium Hydroxide, Manganese Gluconate, Natural Flavor, Rebaudioside A (extracted and purified from natural stevia leaf), Sodium Chloride (salt).

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