

Emergen-C Energy + Lemon-Lime 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: Adults, one (1) to two (2) packet per day. Can take 2 packets at a time. Empty contents of one packet into a glass, add 4–6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use.

Supplement Facts				
Serving Size 1 Packet (9.2 g)				
	Per Packet		Per Day (2 Packets)	
	Amount	% Daily Value	Amount	% Daily Value
Calories	35		70	
Total Carbohydrate	8 g	3% [†]	16 g	5% [†]
Sugars	7 g	*	14 g	*
Vitamin C (as ascorbic acid)	250 mg	417%	500 mg	833%
Thiamin (as thiamine hydrochloride) (Vit. B ₁)	0.38 mg	25%	0.76 mg	51%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B ₂)	0.43 mg	25%	0.86 mg	51%
Niacin (Vit. B ₃)	4 mg	20%	8 mg	40%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	500%	20 mg	1000%
Folic Acid (Vit. B ₉)	100 mcg	25%	200 mcg	50%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	417%	50 mcg	833%
Pantothenic Acid (as calcium pantothenate) (Vit. B ₅)	2.5 mg	25%	5 mg	50%
Calcium (as calcium carbonate, monobasic calcium phosphate, calcium pantothenate) [‡]	48 mg	5%	96 mg	10%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate) [‡]	38 mg	4%	76 mg	8%
Magnesium (as magnesium hydroxide, magnesium carbonate) [‡]	55 mg	14%	110 mg	28%
Sodium (as sodium bicarbonate, monobasic sodium phosphate) [‡]	70 mg	3%	140 mg	6%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) [‡]	200 mg	6%	400 mg	11%
Caffeine (from green tea)	50 mg	*	100 mg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.
^{*} Daily Value not established. [‡] Electrolytes

Other Ingredients: Fructose, Citric Acid. **Contains <2% of:** Acacia, Lemon Juice Solids, Malic Acid, Maltodextrin, Natural Flavors, Rebaudioside A (extracted and purified from natural stevia leaf), Silicon Dioxide, Sugar, Tartaric Acid.

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

Not formulated for use in children.

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