

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) packets 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	6% [†]
Total Sugars	7 g	*	14 g	*
Includes Added Sugars	6 g	12% [†]	12 g	24% [†]
Vitamin C (as ascorbic acid)	250 mg	278%	500 mg	556%
Thiamin (as thiamine hydrochloride) (Vit. B ₁)	0.38 mg	32%	0.76 mg	63%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B ₂)	0.43 mg	33%	0.86 mg	66%
Niacin (Vit. B ₃)	4 mg	25%	8 mg	50%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	588%	20 mg	1,176%
Folate (Vit. B ₉)	167 mcg DFE (100 mcg Folic Acid)	42%	334 mcg DFE (200 mcg Folic Acid)	84%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	1,042%	50 mcg	2,083%
Pantothenic Acid (as calcium pantothenate) (Vit. B ₅)	2.5 mg	50%	5 mg	100%
Calcium (as calcium carbonate, monobasic calcium phosphate, calcium pantothenate) [‡]	48 mg	4%	96 mg	7%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate) [‡]	38 mg	3%	76 mg	6%
Magnesium (as magnesium hydroxide, magnesium carbonate) [‡]	55 mg	13%	110 mg	26%
Sodium (as sodium bicarbonate, monobasic sodium phosphate) [‡]	70 mg	3%	140 mg	6%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) [‡]	200 mg	4%	400 mg	9%
Caffeine (from green tea leaf)	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