



To Close, Insert Tab

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. If you are pregnant, nursing, taking medications or supplements, and/or have medical conditions, talk to your healthcare provider before use. **KEEP OUT OF REACH OF CHILDREN.** Not formulated for use in children under the age of 14. Store at room temperature. Protect from moisture. Carton contains individual packets. Do not use if packet seal is torn or broken.

Amount Per Serving	% Daily Value
Calories	35
Total Carbohydrate	8 g 3% [†]
Total Sugars	6 g *
Includes 5 g Added Sugars	9% [†]
Vitamin C (as ascorbic acid, zinc ascorbate)	1,000 mg 1,111%
Vitamin D ₃ (as cholecalciferol)	20 mcg (800 IU) 100%
Thiamin (as thiamine hydrochloride) (Vit. B ₁)	0.36 mg 30%
Riboflavin (as riboflavin-5'-phosphate) (Vit. B ₂)	0.39 mg 30%
Niacin (Vit. B ₃)	4 mg 25%
Vitamin B ₆ (as pyridoxine hydrochloride)	9.5 mg 559%
Folate (Vit. B ₉)	167 mcg DFE (100 mcg Folic Acid) 42%

Amount Per Serving	% Daily Value
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg 1,042%
Pantothenic Acid (as calcium pantothenate) (Vit. B ₅)	2.5 mg 50%
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate)	45 mg 3%
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate)	38 mg 3%
Magnesium (as magnesium hydroxide, magnesium carbonate)	53 mg 13%
Zinc (as zinc ascorbate)	2 mg 18%
Manganese (as manganese gluconate)	0.5 mg 22%
Sodium (as sodium bicarbonate, monobasic sodium phosphate)	65 mg 3%
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate)	200 mg 4%

Other Ingredients: Sugar, Fructose, Citric Acid, Maltodextrin. Contains <2%: Fruit and Vegetable Concentrates (blackcurrant, carrot, pepper) (color), Glycine, L-Aspartic Acid, Natural Flavors, Silicon Dioxide, Tartaric Acid.

Distributed by: Haleon, Warren, NJ 07059
 Questions? Comments? Call 1-800-452-0051.
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CONTENTS CERTIFIED NSF

Less Water = More Flavor

DIETARY SUPPLEMENT

30-0.32 OZ (9.0 g) PACKETS / NET WT. 9.60 OZ (270.0 g)

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SO MUCH MORE than Vitamin C!

- MORE Vitamin C than 10 oranges***
- MORE Vitamin D than 6 cups of fortified milk***
- MORE Zinc than 11 cups of spinach***
- 7 B Vitamins for natural energy support***
- Magnesium & Potassium to help replenish electrolytes**
- Made with real fruit extracts**

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Emergen-C 1000mg VITAMIN C Immune Support

Island Punch Flavored Fizzy Drink Mix with Natural Flavors

Immune Support **Energy Support**

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Our boxes are printed with vegetable-based inks.

Recyclable
This box is recyclable.

