



Emergen-C

Uses

Dosage

18 years and over: 1 sachet to be taken each day dissolved in a glass of water.

Available in orange, lemon and strawberry flavours.

Format and Ingredients

Powdered effervescent vitamin C drink containing per sachet: Vitamin C 1000mg 1250, Vitamin B1 (thiamin) 1.5mg 136, Vitamin B2 (riboflavin) 1.7mg 121, Vitamin B6 6mg 429, Vitamin B12 18µg 720, Vitamin D 10µg 200, Folic Acid 100µg 50, Pantothenic acid 5mg 83, Potassium 300mg 15, Calcium 120mg 15, Magnesium 95mg 25, Manganese 0.575mg 29, Chromium 10µg 25, Zinc 3mg 30,