



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,