

# Emergen-C Turmeric & Ginger

## Dietary Supplement

**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.

# Supplement Facts

Serving Size 1 Packet (9.0 g)

Amount Per Serving	% Daily Value
Calories	30
Total Carbohydrate	6 g <span style="float: right;">2%<sup>†</sup></span>
Total Sugars	6 g <span style="float: right;">*</span>
Includes 6 g Added Sugars	12% <sup>‡</sup>
Vitamin C (as ascorbic acid, zinc ascorbate)	250 mg <span style="float: right;">278%</span>
Thiamin (as thiamine hydrochloride) (Vit. B <sub>1</sub> )	0.36 mg <span style="float: right;">30%</span>
Riboflavin (as riboflavin-5'-phosphate) (Vit. B <sub>2</sub> )	0.39 mg <span style="float: right;">30%</span>
Niacin (Vit. B <sub>3</sub> )	4 mg <span style="float: right;">25%</span>
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	10 mg <span style="float: right;">588%</span>
Folate (Vit. B <sub>9</sub> )	167 mcg DFE (100 mcg Folic Acid) <span style="float: right;">42%</span>
Vitamin B <sub>12</sub> (as cyanocobalamin)	25 mcg <span style="float: right;">1,042%</span>
Pantothenic Acid (as calcium pantothenate) (Vit. B <sub>5</sub> )	2.5 mg <span style="float: right;">50%</span>
Calcium (as calcium carbonate, monobasic calcium phosphate, tribasic calcium phosphate, calcium pantothenate) <sup>‡</sup>	50 mg <span style="float: right;">4%</span>
Phosphorus (as monobasic potassium phosphate, monobasic calcium phosphate, monobasic sodium phosphate, tribasic calcium phosphate) <sup>‡</sup>	38 mg <span style="float: right;">3%</span>
Magnesium (as magnesium hydroxide, magnesium carbonate) <sup>‡</sup>	53 mg <span style="float: right;">13%</span>
Zinc (as zinc ascorbate)	2 mg <span style="float: right;">18%</span>
Manganese (as manganese gluconate)	0.5 mg <span style="float: right;">22%</span>
Chromium (as chromium picolinate)	10 mcg <span style="float: right;">29%</span>
Sodium (as sodium bicarbonate, monobasic sodium phosphate) <sup>‡</sup>	75 mg <span style="float: right;">3%</span>
Potassium (as potassium bicarbonate, potassium carbonate, monobasic potassium phosphate) <sup>‡</sup>	200 mg <span style="float: right;">4%</span>
Organic Turmeric Rhizome ( <i>Curcuma longa</i> )	100 mg <span style="float: right;">*</span>
Organic Ginger Root ( <i>Zingiber officinale</i> )	150 mg <span style="float: right;">*</span>

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet.  
<sup>\*</sup>Daily Value not established. <sup>‡</sup>Electrolytes

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

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