# Emer'gen-C: Lite with MSM




**Emer'gen-C Lite with MSM has No Sweeteners and ZERO Calories, fizzes in water to furnish 1,000 mg of Vitamin C with 32 different mineral complexes plus B Vitamins.**

**Code: 27 - 36 packets in box.**

**Directions: As a dietary supplement**, take two or more packets daily, as desired. Place contents in glass and add 4 to 6 oz. of water, 32 mineral complexes instantly form.

## Supplement Facts

**Serving Size 1 packet**

| Amount Per Packet | | % Daily Value* |
|---|---|---|
| Calories | 0 | – |
| Sodium | 60 mg | 3% |
| Total Carbohydrates | 0 | – |
| Sugars | 0 | – |
| Vitamin C (as Seven Mineral Ascorbates) | 1,000 mg | 1111% |
| Vitamin $B_3$ (as Special Niacin Complexes) | 10 mg | 50% |
| Folic Acid | 25 mcg | 6% |
| Vitamin $B_{12}$ (as Cyanocobalamin) | 25 mcg | 416% |
| Potassium | 200 mg | 6% |
| Magnesium | 60 mg | 15% |
| Calcium | 50 mg | 5% |
| Zinc | 2 mg | 13% |
| Manganese | 1 mg | 50% |
| Chromium | 10 mcg | 8% |
| Sulfur (from MSM) | 340 mg | 34% |
| Alpha-Lipoic Acid | 1 mg | ** |
| MSM (Methyl Sulfonyl Methane) | 1,000 mg | ** |

* Based on 2,000 calorie diet ** Daily Value not established.

Other ingredients: Ascorbic Acid, Carbonates of Potassium, Sodium, Magnesium and Calcium, Citric, Malic, Aspartic, and Tartaric Acids, Sodium, Potassium and Calcium Phosphates, Tapioca Starch, Glycine, Magnesium Hydroxide, Quercetin, Manganese Gluconate, Naturally Flavored.


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