

Emergen-C Hydration + Lemon-Lime Twist Sports Drink Mix

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

Directions: Empty contents into 16-20 oz of water and stir.

Nutrition Facts	
Serving size	1 Packet (9.4g)
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 0g	
Calcium 100mg	8%
Potassium 400mg	10%
Vitamin C 250mg	280%
Phosphorus 384mg	30%
Magnesium 120mg	30%
Manganese 1.8mg	80%
Not a significant source of Saturated Fat, <i>Trans</i> Fat, Cholesterol, Dietary Fiber, Vitamin D, and Iron.	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Fructose, Citric Acid, Monobasic Potassium Phosphate, Monobasic Sodium Phosphate, Potassium Carbonate, Monobasic Calcium Phosphate, Ascorbic Acid (Vit.C), Magnesium Carbonate, Maltodextrin.
Contains <2% of: Acacia, Calcium Carbonate, Magnesium Hydroxide, Manganese Gluconate, Natural Flavor, Rebaudioside A (extracted and purified from natural stevia leaf), Sodium Chloride (salt).

Store at room temperature. Protect from moisture.

Do not use if packet seal is torn or broken.

Distributed by: Alacer Corp.
Carlisle, PA 17013

Consumer Line: 1.888.425.2362