

Part No. 22-30011

AMERICAN HEALTH  
**Ester-C**<sup>®</sup>  
EFFERVESCENT

One Packet Provides  
as Much Vitamin C  
as 10 Oranges\*

**1000 mg**  
PLUS Electrolytes

24-Hour Immune Support\*  
Unique Vitamin C Formula  
B Vitamins to Support Energy Metabolism\*

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**Natural Tangerine**  
FLAVOR PACKETS

Take Once A Day!  
VEGAN - NON-GMO - NO ARTIFICIAL SWEETENERS  
DIETARY SUPPLEMENT  
21 - 10 g (0.35 oz.) PACKETS NET WT. 210 g (7.40 oz.)

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**Ester-C** The Better Vitamin C<sup>®</sup>

Product No. 30011

**The Ester-C<sup>®</sup> Difference:**  
Clinically studied to stay  
in white blood cells longer  
than regular Vitamin C

Unique formula with 24/7  
immune support \*

Once A Day Is All You Need

**Ester-C<sup>®</sup> Effervescent Vitamin C Packets offer 24-hour  
immune support in a delicious, natural tangerine  
flavored formula.\* Just take one packet daily with  
4-6 fl. oz. of water and you are good to go!**

**Unique Ester-C<sup>®</sup> increases levels of Vitamin C in the  
body – getting into white blood cells (an important part  
of your immune system), and staying there longer than  
regular vitamin C.\* One serving daily of 1000 mg of  
Ester-C<sup>®</sup> delivers 24-hour immune support and potent  
antioxidant activity...365 days a year.\***

Taken once a day, Ester-C<sup>®</sup> has your immune health covered.\* It supports circulation, is beneficial to joints and connective tissues, and is involved in collagen formation, which forms the basis of healthy skin.\* As a potent antioxidant, it helps fight free radicals.\* Free radicals can cause oxidative stress, which may lead to premature aging of metabolic cells. Ester-C<sup>®</sup> also aids in the nutritional absorption of iron and works with other nutrients to promote overall health.\* Along with essential vitamins, such as B-6 and B-12 to support energy metabolism and vital electrolytes to aid in metabolic hydration, Ester-C<sup>®</sup> Effervescent Formula has your immune support covered.\* Now more than ever, trust your immune health to Ester-C<sup>®</sup>.\*

No Gluten, No Yeast, No Wheat, No Dairy, No Lactose, No Soy, No Egg, No Artificial Sweetener, No Peanuts, No Tree Nuts, No Fish, Natural Tangerine Flavor, Beta-Carotene added for color.

Non-GMO, Vegetarian/Vegan.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if packet is torn or open.

**Ester-C**, Ester-C<sup>®</sup> and The Better Vitamin C<sup>®</sup> are registered TMs of The Ester C Company.  
Carefully Manufactured for **AMERICAN HEALTH, INC.**  
Ronkonkoma, NY 11779 U.S.A. • 866-646-8576 • www.AmericanHealthUS.com  
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

^ Food is the best source of nutrients, but supplements can help.  
Based on the USDA.gov nutrient database for 1 large, raw orange. 14145-01-20

Directions: For adults, pour one (1) packet into 4-6 fl. oz. of water once daily. Stir or Shake.

Supplement Facts		
Serving Size 1 Packet (10 g)		
Servings Per Container 21		
Amount Per Serving		%Daily Value
Calories	30	
Total Carbohydrate	6 g	2%*
Total Sugars	5 g	***
Includes 5g Added Sugars 10%**		
Vitamin C (as Ester-C <sup>®</sup> Calcium Ascorbate)	1,026 mg	1,140%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	0.38 mg	32%
Riboflavin (Vitamin B-2)	0.43 mg	33%
Niacin (as Niacinamide)	5 mg	31%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	588%
Folate	20 mcg DFE (12.5 mcg folic acid)	5%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1,042%
Pantothenic Acid (as d-Calcium Pantothenate)	2.5 mg	50%
Calcium (as Calcium Carbonate, Ester-C <sup>®</sup> Calcium Ascorbate, and Calcium Phosphate)	150 mg	12%
Phosphorus (as Potassium Phosphate and Sodium Phosphate)	150 mg	12%
Magnesium (as Magnesium Hydroxide and Magnesium Carbonate)	60 mg	14%
Zinc (as Zinc Ascorbate)	2 mg	18%
Manganese (as Manganese Gluconate)	0.5 mg	22%
Chromium (as Chromium Ascorbate)	5 mcg	14%
Chloride (as Sodium Chloride)	90 mg	4%
Sodium (as Sodium Chloride, Sodium Phosphate and Sodium Bicarbonate)	140 mg	6%
Potassium (as Potassium Phosphate and Potassium Bicarbonate)	280 mg	6%
Antioxidant Health Proprietary Blend (Stevia Extract (Stevia rebaudiana) (leaf), Quercetin, Alpha Lipoic Acid, Glycine, L-Aspartic Acid, N-Acetyl Cysteine)	58 mg	***

**Other Ingredients:** Fructose, Maltodextrin, Malic Acid, Citric Acid, Natural Flavors, Silica, Beta-Carotene (for color), Vegetable Cellulose.

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