

Vitamin C + Energy

with CoQ10, Ginseng & Guarana



Orange-flavoured vitamin and mineral supplement powder, containing Guarana Seeds (*Paulinia cupana* Kunth) extract, Co-enzyme Q10, Panax ginseng root extract & sweetener.

- **Vitamin C, B6, B12, Folic acid and Zinc** support the normal function of the immune system.
- **Vitamin C, B2, B6, B12, Niacin, Pantothenic acid and Magnesium** contribute to the reduction of tiredness and fatigue and help to turn food into energy.
- **Vitamin C** also increases iron absorption.

Directions for Use: Adults and children over 12 years of age: Mix one sachet in a 200ml glass of cold water daily, to make a refreshing drink. Do not exceed the stated daily intake.

Important: Do not use if packaging is damaged before first use. Keep out of sight and reach of children. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. If pregnant, breastfeeding or taking any medication, consult with a doctor prior to use. Store in a cool, dry place not exceeding 25°C.

Ingredients: Ascorbic Acid, Magnesium Carbonate, Citric Acid, Acidity Regulators (Sodium Hydrogen Carbonate, Trisodium Citrate), Maltodextrin, Nicotinamide, Sweetener (Sucralose), Colours (Beetroot Red, Sulphite Ammonia Caramel), Acacia Gum, Zinc Oxide, Calcium D-Pantothenate, Natural Flavouring, Panax ginseng Root Extract, Guarana Seeds (*Paullinia cupana* Kunth) Extract**, Pyridoxine Hydrochloride, Riboflavin 5'-Phosphate Sodium, Caffeine**, Thiamin Mononitrate, Co-Enzyme Q10, Emulsifier (Sucrose Esters of Fatty Acids), Biotin, Folic Acid, Silicon Dioxide, BHA, Cyanocobalamin.

**Contains caffeine (3mg per sachet). Not recommended for children or pregnant women.

Suitable for vegetarians.

No artificial colours or preservatives.

Product Information

Nutritional Information	Per 100 g Serving	Per 3g Serving	%RI* Per Serving
Energy	750 kJ / 180 kcal	23 kJ / 5 kcal	< 1%
Fat	0 g	0 g	0%
of which			
– saturates,	0 g	0 g	0%
Carbohydrates	3.0 g	< 0.5 g	
of which			
– sugars,	3.0 g	< 0.5 g	< 1%
Protein	0 g	0 g	0%
Salt†	6.88 g	0.21 g	3.5%
Each 3g Sachet Provides	Typical Amount		%NRV‡
Vitamin C	1000mg		1250%
Thiamin (Vitamin B1)	1.5mg		136%
Riboflavin (Vitamin B2)	1.7mg		121%
Niacin	20mg NE		125%
Vitamin B6	2mg		142%
Folic acid	200µg		100%
Vitamin B12	6µg		240%
Biotin	300µg		600%
Pantothenic acid	10mg		166%
Magnesium	200mg		53%
Zinc	10mg		100%
Guarana Seeds (<i>Paullinia cupana</i> Kunth) Extract	4mg		-
<i>Panax ginseng</i> Root Extract	5.7mg		-
Co-Enzyme Q10	2mg		-

* RI = EU Reference intake of an average adult (8400 kJ / 2000 kcal).

† NRV = EU Nutrient Reference Value.

- = No EU NRV Established.

‡ The salt content is exclusively due to the presence of naturally occurring sodium.

† Per 3g Serving.

- ✓ **1000mg Vitamin C**
- ✓ **Delicious Orange Flavour**
- ✓ **Sugar Free**