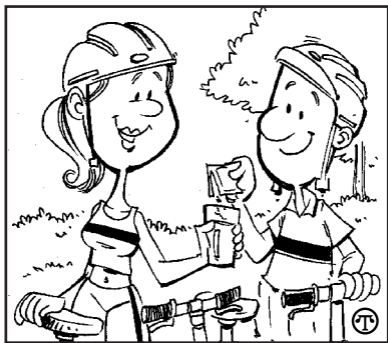


# Healthy Living

## Fizzy Energy And Nutrition

(NAPSA)—This season, many people will toast their health with a refreshing drink that makes it easier to get enough vitamin C.

The drink is not only fizzy and delicious but it may even be a more efficient way to take vitamin C. Most people have taken vitamin C in the form of ascorbic acid.



**You may bubble with enthusiasm about a fizzy drink that boosts the immune system and raises energy levels.**

However, researchers have found that vitamin C taken in a different form—mineral ascorbates, provides all of the health benefits with none of the side effects, such as upset stomach, that can occur when taking vitamin C in the form of ascorbic acid.

One product, Emer'gen-C, contains vitamin C in the form of mineral ascorbates. Available in 15 fun flavors—the effervescent drink mix provides 1,000 mg of vitamin C, plus B vitamins, forming some 32 mineral complexes. And a special formula for children ages 10 and under is available in strawberry. The powder comes in single-serving packets that can be mixed with water. The product replenishes valuable electrolytes to prevent dehydration during exercise and strenuous activity. Emer'gen-C can be found in grocery, health food stores and drug stores nationwide. To learn more, visit [www.alacer.com](http://www.alacer.com).