



**MegaFood**  
Fresh From Farm To Tablet™

# Complex C

Helps Support the  
Immune System\*



**90**  
TABLETS  
**90**  
SERVINGS

ANTIOXIDANT  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet  
Servings per Container 90

|                                                                                      | Amount per Serving | % DV |
|--------------------------------------------------------------------------------------|--------------------|------|
| • Vitamin C (ascorbic acid with organic orange)                                      | 250 mg             | 278  |
| <b>Organic Bioflavonoid Complex Blend</b>                                            | 120 mg             | **   |
| Organic Amla Fruit, Organic Rosehips, Organic Orange Peel, Organic Green Bell Pepper |                    |      |
| • <b>Fruit Phenolic Blend</b>                                                        | 35 mg              | **   |
| Organic Whole Orange, Organic Cranberry, Organic Blueberry                           |                    |      |

\*\* % Daily Value (DV) not established

**Other Ingredients:** Organic Brown Rice, Cellulose, Stearic Acid, Silica.

**Suggested Use:** 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood® Complex C contains FoodState® Vitamin C combined with two colorful food blends to deliver a broad spectrum of phytonutrients to help support your immune system.\*

• This MegaFood product is made with real food and added nutrients. Each vitamin is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.\* See how they're made at [megafood.com/showme](http://megafood.com/showme). Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. [megafood.com/farmers](http://megafood.com/farmers)

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made with Love by MegaFood, PO Box 5244,  
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