



MegaFood
Fresh From Farm To Tablet™

Complex C

Helps Support the
Immune System*



ANTIOXIDANT
DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablet Servings per Container 30

Amount per Serving	% DV
Vitamin C (as ascorbic acid with organic orange) [†] 250 mg	278%
Organic Bioflavonoid Complex Blend 120 mg	**
Organic Amla Fruit, Organic Rosehips, Organic Orange Peel, Organic Green Bell Pepper	
Fruit Phenolic Blend 35 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry	

** % Daily Value (DV) not established

Other Ingredients: Organic brown rice, microcrystalline cellulose, stearic acid, silicon dioxide, rice protein, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

MegaFood Complex C contains vitamin C delivered with real, organic oranges to help support your immune system.*

This MegaFood product is made with real food and added nutrients. [†]This vitamin is paired with a whole food in our unique process. 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

*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.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Best Before:
Lot#: