

Manufactured by MegaFood
An FDA Registered Facility. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542



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Rev:20 07/10

Lot#:
Best
Before:



MegaFood™

100% WHOLE FOOD



Organic Bioflavonoid Complex

COMPLEX C

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV ▼
100% Whole Food Nutrients†	
Vitamin C..... (625 mg whole oranges*)	250 mg 417
Organic Bioflavonoid Complex Blend.....	120 mg **
Organic Amla Fruit, Organic Rosehips, Organic Green Pepper, Organic Orange Peel	
Protective Phenolic Fruit Concentrate†.....	20 mg **
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	

** % Daily Value (DV) not established

Other Ingredients: Plant Cellulose, Vegetable Lubricant.

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

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phyto-nutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans.

MegaFood has made the highest quality whole food supplements since 1973.

MegaFood Complex C is made with 100% whole food vitamin C and vitamin C rich whole foods to provide an array of immune supportive and synergistic polyphenols, bioflavonoids and protective antioxidants.*

Taken daily, **Complex C** will help:

- Maintain an already healthy inflammatory response.*
- Promote cellular health and body's natural defenses.*
- Support collagen and tissue formation.*

Vitamin C in a whole food form is gently buffered, easy to digest and more bioactive than ascorbic acid alone.*

MegaFood gently dries every FoodState® concentrate to ensure all the foods precious nutrients, enzymes and delicate constituents are delivered to you in every tablet.

Complex C is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*



Our Name is Our Promise™

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.

Tested to be FREE of:
Gluten, Dairy, Soy, Pesticides and Herbicides.
Does Not Contain Corn or Wheat.

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.