

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†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.

MegaFood®

From Farm to Tablet*

Complex C

Helps support the immune system†
Plus real food

180 TABLETS / 180 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet

Servings per container 180

Amount per serving

% DV

Vitamin C (as ascorbic acid) 250 mg

278%

*Food Blend 536 mg

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Organic brown rice, organic orange, organic amla fruit, organic rose hip fruit, organic cranberry, organic green bell pepper, organic wild blueberry

** % Daily Value (DV) not established

Other Ingredients: 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 oranges to help support your immune system.†

This product is made with food-paired vitamin C. Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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

Do not use if seal under cap is broken or missing.



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Rev: 9 11/22

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OCT 2024