

Health House

C/- Zealand Publishing House Limited
Private Bag 12029, 61 Maleme Street,
Tauranga 3112, New Zealand.

To reorder, freephone 0800 140 141

Complete C is high in Vitamin C and contains three different absorbable forms of Vitamin C, Calcium ascorbate, Ascorbic acid and Sodium ascorbate, plus six herbs.

Each of these forms of Vitamin C are absorbed differently by the body. **Complete C** is one of the most effective products to get Vitamin C into your body, so you receive the benefits faster. **Complete C** also contains citrus bioflavanoids which are powerful antioxidants.



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Made by: Zealand Health Manufacturing Ltd (ZHM)
61 Maleme St, Tauranga 3112, New Zealand

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Health House

Complete C Complex

Immune boost

100 gms powder

DIETARY SUPPLEMENT



Contains: At the time of manufacture per 100gm;

Ingredients	Weight	Weight
Calcium ascorbate	31.3g	31.3g
Ascorbic acid	30.0g	30.0g
Sodium ascorbate	27.5g	27.5g
Rosehips	5.0g	5.0g
Bioflavanoids	2.75g	2.75g
Rutin	1.25g	1.25g
Hesperidin	1.25g	1.23g
Grape Seed Extract	625mg	30.0g
Pine Bark Extract	323mg	15.3g
Quercetin	2.5mg	2.5mg

Directions: Adults: ¼ to ½ teaspoon daily.

Children: Half the adult dosage.

Stir into water or juice.

Always read the label and use only as directed.
Supplements should not replace a balanced diet.

www.healthhouse.co.nz

Made in New Zealand