

PRODUCT INFORMATION:

Two tablets typically provide:

Calcium	120mg	%NRV*	15
Magnesium	120mg		32

*NRV – Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: magnesium chloride, calcium chloride with enzyme digested *Saccharomyces cerevisiae* (with **soya**); natural Lithothamnion calcarea, bulking agent: microcrystalline cellulose; bulking agent: hydroxypropyl cellulose; anti-caking agent: magnesium stearate*; anti-caking agent: stearic acid; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian source)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Suitable for vegetarians and vegans.

This product is not tested on animals.



120
TABLETS

higher nature®

TRUEFOOD®

CALCIUM & MAGNESIUM

FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® CALCIUM & MAGNESIUM

Food State Nutrition - Nutrients provided in a true food form that your body recognises as food.

- ✓ One to one ratio.
- ✓ Calcium & magnesium contribute to normal bones, teeth and muscle function.
- ✓ Calcium & magnesium contribute to normal energy-yielding metabolism.

DIRECTIONS:

Adults take 2-6 tablets (children over 8 years, 1-3 tablets) a day, with or between meals, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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