

PRODUCT INFORMATION:

One capsule typically provides:

Vitamin E (185iu) 124mg α -TE **%NRV*** 1033

* **NRV** = Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: d-alpha tocopherol with enzyme digested *Saccharomyces cerevisiae* (with **soya**); capsule: hydroxypropyl methylcellulose; d-alpha tocopheryl succinate, anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate*. *(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, corn, dairy products, lactose, maize, salt, starch, sugar.

Suitable for vegetarians and vegans.

This product is not tested on animals.

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CAPSULES

higher
nature®
TRUEFOOD®

NATURAL VITAMIN E
FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD®
NATURAL VITAMIN E

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

✓ Vitamin E contributes to the protection of cells from oxidative stress.

DIRECTIONS:

Adults take 1-3 capsules 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.

STORAGE:

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

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