

PRODUCT INFORMATION:

One tablet typically provides:

Vitamin C	250mg
Citrus Bioflavonoids	100mg

%NRV*
313

***NRV** – Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: vitamin C, citrus bioflavonoids with enzyme digested *Saccharomyces cerevisiae* (with **soya**); natural *Lithothamnion calcarea*; bulking agent: microcrystalline cellulose; anti-caking agents: silicon dioxide, magnesium stearate*; 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.



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TABLETS

higher nature®

TRUEFOOD®

VITAMIN C

FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® VITAMIN C

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

TFC180
119

✓ Vitamin C contributes to the normal function of the nervous and immune system.

✓ Vitamin C contributes to the reduction of tiredness and fatigue.

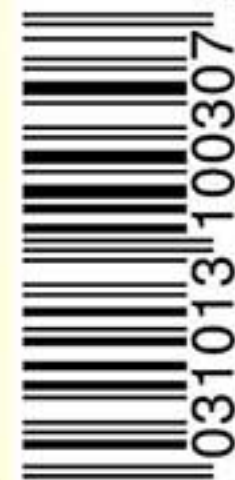
DIRECTIONS:

Adults take 1-3 tablets (children over 8 years, 1-2 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.

STORAGE:

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



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TFC-104-04

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