

PRODUCT INFORMATION:

Three capsules typically provide:

Vitamin A (5555iu)	1667µg RE	208	Selenium*	75µg	136
(from retinol 1500µg)			Chromium GTF*	30µg	75
(from beta carotene (1mg)* 167µg)			Molybdenum*	20µg	40
Vitamin D (60iu)*	1.5µg	30	Iodine	50µg	33
Vitamin E (7.5iu)*	5mg α-TE	42	Boron*	0.75mg	
Vitamin K1*	30µg	40	Silicon	32.8mg	
Vitamin C (from True Food® nutrient			Kelp	100mg	
& magnesium ascorbate)	247mg	309	Carnitine	25mg	
Thiamin (Vitamin B1)*	3mg	273	Co-enzyme Q-10*	2.7mg	
Riboflavin (Vitamin B2)*	3mg	214	SuperPotency Soyagen*	10mg	
Niacin (Vitamin B3)*	18mg NE	113	α-lipoic acid	5mg	
Vitamin B6*	2.5mg	179	Bromelain	20mg	
Folic acid*	100µg	50	Horsetail extract	10.7mg	
Vitamin B12*	1µg	40	Artichoke	10mg	
Biotin*	50µg	100	Fenugreek	15mg	
Pantothenic Acid (Vitamin B5)*	10mg	165	Garlic	15mg	
Calcium	120mg	15	Broccoli	5mg	
Magnesium (from True Food®			Parsley	30mg	
nutrient, Lithothamnion calcarea			Capsicum	3mg	
& magnesium ascorbate)	377mg	10	Ginger	10mg	
Iron*	2mg	14	Bacillus coagulans		
Zinc*	12mg	120	(active)	50.4 million	
Copper*	1mg	100	Citrus bioflavonoids*	8mg	
Manganese*	1mg	50			

†NRV= Nutrient Reference Value

*True Food® nutrients

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

STORAGE:

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

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, lactose. Suitable for vegetarians and vegans. This product is not tested on animals

WARNING:

B vitamins may turn urine bright yellow - this is normal.

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CAPSULES

higher nature®

TRUEFOOD®

ALL MAN FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® ALL MAN

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

✓ Complete multivitamin & minerals for men.

DIRECTIONS:

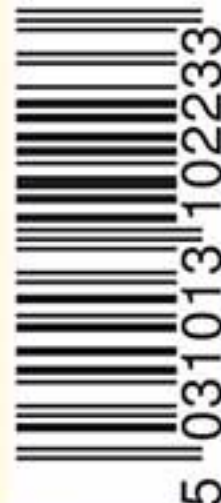
Adults take 3 capsules a day, with or between meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

INGREDIENTS:

Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, ascorbic acid, boric acid, niacinamide, ferrous fumarate, calcium pantothenate, riboflavin, d-alpha tocopherol (**wheat**), citrus bioflavonoids, manganese chloride, chromium chloride, pyridoxine HCl, thiamine HCl, whole **soya**, sodium molybdate, folic acid, biotin, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested *S.cerevisiae* (with **soya**); selenium, co-enzyme Q10, beta carotene enriched, enzyme digested *S.cerevisiae*; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose*; magnesium ascorbate, kelp†, silicon dioxide, anti-caking agent: magnesium stearate*; carnitine, parsley, bromelain, vitamin A acetate* (stabilisers: acacia gum, sucrose; anti-caking agent: maize starch, tricalcium phosphate; antioxidant: dl-alpha tocopherol); fenugreek seed, garlic, horsetail extract, artichoke, ginger, α-lipoic acid, broccoli extract, bacillus coagulans, capsicum fruit (carrier: potato maltodextrin). * (non-animal source) † May not be suitable for people with a fish or crustacean allergy.

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