

# PRODUCT INFORMATION:

| Two tablets typically provide:  |             |     | %NRV*                                 |        | %NRV* |
|---------------------------------|-------------|-----|---------------------------------------|--------|-------|
| Vitamin D (660iu)               | 16.5µg      | 330 | Calcium (from Lithothamnion calcarea) | 180mg  | 23    |
| Vitamin E (5iu)                 | 3.36mg α-TE | 28  | Iron                                  | 3.33mg | 24    |
| Vitamin K                       | 66.6µg      | 89  | Zinc                                  | 6.67mg | 67    |
| Vitamin C                       | 40mg        | 50  | Copper                                | 0.67mg | 67    |
| Thiamin (vitamin B1)            | 0.94mg      | 85  | Manganese                             | 1.33mg | 67    |
| Riboflavin (vitamin B2)         | 1.07mg      | 76  | Selenium                              | 50µg   | 91    |
| Niacin (vitamin B3)             | 12mg NE     | 75  | Chromium (as GTF)                     | 66.7µg | 167   |
| Vitamin B6                      | 1.33mg      | 95  | Molybdenum                            | 166µg  | 332   |
| Folic acid                      | 133.4µg     | 67  | Iodine                                | 100µg  | 67    |
| Vitamin B12                     | 1.3µg       | 52  | Beta carotene                         | 2.66mg |       |
| Biotin                          | 100µg       | 200 | Citrus Bioflavonoids                  | 16mg   |       |
| Pantothenic acid (vitamin B5)   | 4mg         | 67  | Boron                                 | 0.5mg  |       |
| *NRV = Nutrient Reference Value |             |     | Silicon                               | 0.5mg  |       |

## INGREDIENTS:

Proprietary mixture: magnesium chloride, ascorbic acid, zinc sulphate, sodium molybdate, copper sulphate, ferrous fumarate, boric acid, silicon dioxide, niacinamide, chromium chloride, manganese chloride, biotin, d-alpha tocopherol (**wheat**), calcium pantothenate, citrus bioflavonoids, folic acid, riboflavin, potassium iodide, pyridoxine HCl, phytonadione, thiamine HCl, vitamin D2, cyanocobalamin, with enzyme digested *S.cerevisiae* (with **soya**); beta carotene, selenium enriched, enzyme digested *S.cerevisiae* (with **soya**); natural Lithothamnion calcarea, bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate\*; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel); anti-caking agent: silicon dioxide; emulsifier: sodium carboxymethyl cellulose. \* (vegetarian source)  
B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

# higher nature®

## TRUEFOOD®

# SUPERNUTRITION PLUS

## FOOD STATE NUTRITION

FOOD SUPPLEMENT

180  
TABLETS

# TRUE FOOD® SUPERNUTRITION PLUS

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

✓ 25 multivitamins & minerals.

## DIRECTIONS:

Adults take 2-3 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.

## DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, lactose.

## 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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