

PRODUCT INFORMATION:

Three capsules typically provide:	%NRV†
Vitamin A (5555iu)	1667µg RE 208
(from retinol 1500µg)	
(from beta carotene (1mg)* 167µg)	
Vitamin D (100iu)*	2.5µg 50
Vitamin E (15iu)*	10mg α-TE 83
Vitamin K1 *	40.2µg 54
Vitamin C (from True Food®	
nutrient & magnesium ascorbate)	145mg 181
Thiamin (Vitamin B1)*	3mg 273
Riboflavin (Vitamin B2)*	3mg 214
Niacin (Vitamin B3)*	18mg NE 113
Vitamin B6*	5mg 357
Folic acid*	200µg 100
Vitamin B12*	2µg 80
Biotin*	50µg 100
Pantothenic acid (Vitamin B5)*	5mg 83
Calcium	120mg 15
Magnesium (from True Food®	
nutrient, Lithothamnion calcarea	
& magnesium ascorbate)	28.8mg 8
Iron*	4mg 28
Zinc*	3.6mg 36
Copper*	0.33mg 33
Manganese*	330µg 17
Selenium*	75µg 136

†NRV = Nutrient Reference Value

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. Contains Vitamin A. Do not take if pregnant or planning pregnancy. This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach. Total content of iron per bottle is 240mg.

Chromium GTF*	30µg	75
Molybdenum*	40µg	80
Iodine	100µg	67
Boron*	0.75mg	
Silicon	27mg	
Carnitine	15mg	
Co-enzyme Q10*	2mg	
SuperPotency Soyagen*	25mg	
α-lipoic acid	5mg	
Sage	20mg	
Kelp†	200mg	
Cranberry extract	10mg	
Artichoke	10mg	
Dandelion root extract	10mg	
Angelica	10mg	
Broccoli	10mg	
Ginger	10mg	
Horsetail extract	8.6mg	
Parsley	30mg	
Garlic	15mg	
Capsicum	3mg	
Hops	20mg	
Bacillus coagulans (active)	50.4 million	
Citrus bioflavonoids*	12mg	
*True Food® nutrients		

%NRV†

higher nature®

TRUEFOOD®

WISE WOMAN FOOD STATE NUTRITION

FOOD SUPPLEMENT

180
CAPSULES

TRUE FOOD® WISE WOMAN

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

✓ Complete multi minerals & vitamins for women.

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.

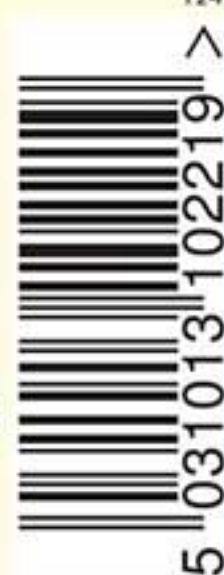
INGREDIENTS:

Proprietary mixture: magnesium chloride, ascorbic acid, ferrous fumarate, boric acid, zinc sulphate, niacinamide, d-alpha tocopherol (**wheat**), copper sulphate, riboflavin, pyridoxine HCl, **soya**, calcium pantothenate, folic acid, sodium molybdate, chromium chloride, thiamine HCl, citrus bioflavonoids, biotin, manganese chloride, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested S.cerevisiae (**soya**); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested S.cerevisiae; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose*; kelp†, magnesium ascorbate, bulking agent: microcrystalline cellulose; silicon dioxide, anti-caking agent: magnesium stearate*; parsley, carnitine, sage, hops, vitamin A acetate* (stabiliser: acacia gum, sucrose; anti-caking agent: maize starch, tricalcium phosphate; antioxidant: dl-alpha tocopherol); garlic, broccoli extract, artichoke, dandelion root extract, angelica, cranberry extract, ginger, horsetail extract, α-lipoic acid, bacillus coagulans, capsicum fruit (carrier: potato maltodextrin).
* (non-animal source)

†May not be suitable for people with a fish or crustacean allergy.

Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK
www.highernature.com

TWW180
124



TWW-113-12

