

PRODUCT INFORMATION:

One capsule typically provides:

Vitamin E (185iu) 124mg α -TE 1033

%NRV*

*NRV = Nutrient Reference Value

INGREDIENTS: Proprietary mixture: d-alpha tocopherol with enzyme digested saccharomyces cerevisiae (**soya**); capsule: hydroxypropyl methylcellulose; vitamin E (d-alpha tocopheryl succinate), anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate. (Allergens in **bold**)

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

FREE FROM: Artificial colours, flavourings or preservatives, corn, dairy products, lactose, maize, salt, starch, sugar.

HIGHER NATURE®

EVERYDAY ESSENTIALS

NATURAL VITAMIN E



180 capsules

vegetarian and vegan

**NATURAL VITAMIN E
FOOD SUPPLEMENT - 180 CAPSULES**

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

DIRECTIONS: Take 1-2 capsules a day with meals. 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 place out of reach of children.



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This product has not been tested on animals.