

**PRODUCT INFORMATION:**

One tablet typically provides:

		%NRV*
Vitamin C	250mg	313
Citrus bioflavonoids	100mg	

\*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). (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, dairy products, gluten, lactose, salt, wheat.

This product has not been tested on animals.

# HIGHER NATURE®

## EVERYDAY ESSENTIALS

## VITAMIN C



180 tablets  
vegetarian and vegan

### VITAMIN C FOOD SUPPLEMENT - 180 TABLETS

- ✓ Vitamin C contributes to the normal function of the nervous and immune systems
- ✓ Vitamin C contributes to the reduction of tiredness and fatigue

**DIRECTIONS:** Adults take 1-3 tablets (children 8 and over 1-2 tablets) 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.

Higher Nature Ltd, 10 Discovery Way,  
Horam, East Sussex TN21 0GE, UK  
highernature.com



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