

PRODUCT INFORMATION:

One tablet typically provides:

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

*NRV = Nutrient Reference Value

INGREDIENTS: Proprietary mixture: vitamin C (ascorbic acid), 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



90 tablets
vegetarian and vegan

VITAMIN C

FOOD SUPPLEMENT - 90 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.

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