

## FOOD SUPPLEMENT

60 vegan capsules

- Memophenol™, a scientifically proven blend of wild blueberry and French whole grape extract
- Natural source, no synthetics
- Lion's Mane from 100% fruiting bodies
- With True Food B vitamins from spinach and shiitake

**Ingredients:** French whole grape and wild blueberry fruit extracts (Memophenol™), capsule shell (hydroxypropyl methylcellulose), bacopa monnieri extract, lion's mane mushroom fruiting body extract, spinach leaf extract, shiitake mushroom fruiting body extract.

# HIGHER NATURE®



## True Food Clarity for Women

Powerful mind complex for great female thinkers



**Directions:** Adults take 2 capsules daily; one with breakfast and one with lunch or dinner. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**Warning:** Not recommended if you are pregnant or breastfeeding. If you are taking any medication or have a medical condition, please consult your healthcare professional before using this product.

**Storage:** Store in a cool, dry place out of reach of children. Memophenol™ is a registered trademark of Activ'Inside.

Other formulas in our growing True Food range for women are **True Food Rekindle** and **True Food Vitality**.



TFCLR-150-01 TFCLR060/101

Higher Nature Ltd, (UK) 10 Discovery Way, Harrow, East Sussex TN21 0GE, UK  
(EU) Office 7, Sharnal Campus, Silego Airport Business Park, Sandhill F11 W589, Ireland

## FOOD SUPPLEMENT

**Product information:**  
Two capsules typically provide:

|                                                                                                          | %NRV*           |
|----------------------------------------------------------------------------------------------------------|-----------------|
| Memophenol™<br>(French whole grape and wild blueberry fruit extracts)<br>providing 75% total polyphenols | 600mg           |
| Bacopa monnieri extract 10:1<br>equivalent to bacopa monnieri powder                                     | 60mg<br>600mg   |
| Lion's mane mushroom fruiting body extract 10:1<br>equivalent to lion's mane mushroom powder             | 100mg<br>1000mg |
| providing 10% polysaccharides                                                                            |                 |
| Folic acid (from spinach)                                                                                | 200µg           |
| Vitamin B12 (mixed cobalamins from shiitake)                                                             | 10µg 100        |
| NRV = Reference Intake Value                                                                             | 400             |

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\*\* Vitamin B12 contributes to normal energy-yielding metabolism and psychological function.

# HIGHER NATURE®



## True Food Clarity for Women

Powerful mind complex for great female thinkers

Nootropic blend of lion's mane, bacopa monnieri and scientifically backed Memophenol™



Natural source, no synthetics  
60 vegan capsules

## True Food Clarity for Women

- Memophenol™, a scientifically proven blend of wild blueberry and French whole grape extracts
- Bacopa monnieri supports normal cognitive function\*
- Lion's mane from 100% fruiting bodies
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Third party tested for quality assurance

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PRODUCT INFO



## The genuine real food supplement

Drawing on 30 years of expertise, Higher Nature True Food® supplements are carefully crafted to help keep you at your best.

Unlike other brands, we're not adding synthetic nutrients to yeast, bacteria or food pastes, we blend together real whole foods such as fruits, vegetables, mushrooms, herbs and seeds in order to create a naturally nutrient rich supplement that works better for you.

As these supplements are derived from real food ingredients your body already recognises, they are more biologically active, delivering their benefits faster than alternatives.

Wholly without synthetics, you can feel assured that your supplements are working in harmony with your body rather than against it, allowing you to live your life to its absolute fullest.

Higher Nature - pioneer of food based supplements since 1994.  
True Food® is a registered trademark of Higher Nature Ltd.

