

**PRODUCT INFORMATION**

Two tablets typically provide:

|           |       | %RDA* |
|-----------|-------|-------|
| Calcium   | 120mg | 15    |
| Magnesium | 120mg | 32    |

\*RDA = Recommended Daily Allowance (new 2009 value)

**INGREDIENTS:** Proprietary mixture: magnesium chloride, calcium chloride with enzyme digested *Saccharomyces cerevisiae* (with soya); natural *Lithothamnion calcarea*, bulking agent: microcrystalline cellulose; bulking agent: hydroxypropyl cellulose; flow agent: magnesium stearate\*; anti-caking agent: stearic acid; anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel), glycerine. \*(vegetarian source)

**TRUE FOOD® CALCIUM & MAGNESIUM** also contains B vitamins, betaglucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

**DOES NOT CONTAIN:** sugar, salt, wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.

*Saccharomyces cerevisiae* is grown in a non GM soya-based medium. The yeast cell walls are gently pre-digested and broken down with enzymes from pineapple and papaya fruit to release the nutrients within each cell.

Some people have an allergic response to yeast but the allergen, which causes an allergic response, is a protein on the yeast cell wall and when broken down the protein's ability to evoke an allergic response is largely lost.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated



# HIGHER NATURE®

## TRUE FOOD®

**TRUE FOOD  
CALCIUM &  
MAGNESIUM**

one to one ratio  
calcium & magnesium  
plus a full spectrum  
of food-based nutrients

**3 tablets**  
**VEGETARIAN**  
**FOOD SUPPLEMENT**

**TRIAL  
SIZE**

## CALCIUM & MAGNESIUM TCM003

### 3 tablets 102

**DIRECTIONS:** Take 2-6 tablets (children over 8 years, 1-3 tablets) 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.

Fermentation is a very special process, which enriches yeast with all the nutrients used in the growing mixture, forming natural organic bonds and loose complexes. Yeasts take in nutrients rather than consuming them and are for this reason valued food sources for nutrients. Calcium and Magnesium are added to a completed fermentation of the culture *Saccharomyces cerevisiae* to form a homogenous mixture for better absorption in the gut and optimum bioavailability of all nutrients. As a guide, much less **TRUE FOOD® CALCIUM & MAGNESIUM** is needed than from standard inorganic calcium and magnesium supplements.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
www.highernature.com



TCM-100-03