

PRODUCT INFORMATION

Three capsules typically provide:	%RDA†		%RDA†
Vitamin A (5555iu) (from retinol 1500µg) (from beta carotene (1mg)* 167µg)	1667µg RE	208	Selenium* 75µg 136 Manganese* 1mg 50 Molybdenum* 20µg 40 Chromium GTF* 30µg 75
Vitamin D (60iu)*	1.5µg	30	Boron* 0.75mg
Vitamin E (7.5iu)*	5mg α-TE	42	Silicon 36.7mg
Vitamin C (from True Food® nutrient & magnesium ascorbate)	247mg	309	Carnitine 25mg
Thiamin (Vitamin B1)*	3mg	273	Co-enzyme Q10* 2.7mg
Riboflavin (Vitamin B2)*	3mg	214	SuperPotency Soyagen* 10mg
Niacin (Vitamin B3)*	18mg NE	113	α-lipoic acid 5mg
Vitamin B6*	2.5mg	179	Bromelain 20mg
Folic acid*	100µg	50	Horsetail 10.7mg
Vitamin B12*	1µg	40	Artichoke 10mg
Biotin*	50µg	100	Fenugreek 15mg
Pantothenic acid (Vitamin B5)*	10mg	165	Garlic 15mg
Vitamin K1*	30µg	40	Kelp 100mg
Calcium	120mg	15	Broccoli 5mg
Iron*	2mg	14	Parsley 30mg
Magnesium (from True Food® nutrient, Lithothamnion calcareum & magnesium ascorbate)	37.5mg	10	Capsicum 3mg
Zinc*	12mg	120	Ginger 10mg
Iodine	50µg	33	Lactobacillus sporogenes (active) 50 A million
Copper*	1mg	100	Bioflavonoids* 8mg
			*True Food® nutrients

†RDA = Recommended Daily Allowance (new 2009 values)

May not be suitable for people with a fish or crustacean allergy.

TRUE FOOD® ALL MAN 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:** 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. This bottle has a UV filter.

HIGHER NATURE®

TRUE FOOD®



TRUE FOOD

ALL MAN

probiotic, multivitamin & mineral
formula plus antioxidants
& botanicals for men

30 capsules
VEGETARIAN
FOOD SUPPLEMENT

ALL MAN 30 capsules
probiotic, multivitamin & mineral
formula plus antioxidants
& botanicals for men

TMAN030

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DIRECTIONS: Adults take 3 capsules 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.

B vitamins may turn urine bright yellow – this is normal.

INGREDIENTS: Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, ascorbic acid, boric acid, niacinamide, ferrous fumarate, calcium pantothenate, riboflavin, d-alpha tocopherol, manganese chloride, chromium chloride, pyridoxine HCl, thiamine HCl, organically grown whole soya, sodium molybdate, folic acid, biotin, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested *S.cerevisiae* (with soya); selenium, co-enzyme Q10, beta carotene enriched, enzyme digested *S.cerevisiae*; natural *Lithothamnion calcareum*, vegetarian capsule: hydroxypropyl methylcellulose; magnesium ascorbate, natural kelp, silicon dioxide, flow agent: magnesium stearate*; carnitine, parsley, bromelain, vitamin A acetate* (stabilizer: gum Arabic; stabilizer: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); fenugreek seed, garlic, natural horsetail, artichoke, ginger, α-lipoic acid, broccoli extract, *Lactobacillus sporogenes*, capsicum fruit (carrier: potato maltodextrin). * (non-animal source).

Oranges are used during the fermentation process.

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.



TMAN-107-11



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK