

PRODUCT INFORMATION

One capsule typically provides:
Co-enzyme Q10

30mg

INGREDIENTS: Co-enzyme Q10 enriched *Saccharomyces cerevisiae* (enzyme digested) (with soya), vegetarian capsule: hydroxypropyl methylcellulose (carrageenan); flow agent: magnesium stearate*; anti-caking agent: silicon dioxide. *(vegetarian source)

Oranges are used during the fermentation process.

TRUE FOOD® MAXI Q10 also contains B vitamins, betaglutans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, 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
MAXI Q10
powerful antioxidant
co-enzyme Q10
plus a full spectrum
of food-based nutrients
60 capsules
VEGETARIAN
FOOD SUPPLEMENT

MAXI Q10

60 capsules

co-enzyme Q10

TCQ060

106

DIRECTIONS: Take 1 capsule a day, with or between meals, or as your health professional advises. Do not exceed recommended daily intake.

A TRUE FOOD® SUPERNUTRITION PLUS multivitamin supplement is also recommended. 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 the yeast cell 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.

TRUE FOOD® MAXI Q10 is made using a very special fermentation process. A culture of *Saccharomyces cerevisiae* is enriched with co-enzyme Q10 forming natural bonds in a true food form for better absorption in the gut and optimum bioavailability. Independent testing has shown that 1 capsule (30mg) of **TRUE FOOD® MAXI Q10** is comparable in antioxidant power to 250-300mg of standard co-enzyme Q10 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.



TCQ-101-01

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