

PRODUCT INFORMATION

One tablet typically provides:

	%RDA*		%RDA*
Vitamin D (67iu)	1.67µg 33	Calcium (from <i>Lithothamnion calcarea</i>)	90mg 11
Vitamin E (2.5iu)	1.67mg α-TE 14	Iron	1.67mg 12
Vitamin C	20mg 25	Magnesium (from True Food® nutrient & <i>Lithothamnion calcarea</i>)	15.83mg 4
Thiamin (vitamin B1)	0.47mg 43	Zinc	3.33mg 33
Riboflavin (vitamin B2)	0.53mg 38	Iodine	50µg 33
Niacin (vitamin B3)	6mg NE 38	Copper	0.33mg 33
Vitamin B6	0.67mg 48	Selenium	25µg 45
Folic acid	66.7µg 33	Manganese	0.67mg 34
Vitamin B12	0.65µg 26	Molybdenum	83µg 166
Biotin	50µg 100	Chromium (as GTF)	33.3µg 83
Pantothenic acid (vitamin B5)	2mg 33	Boron	0.25mg
Vitamin K	33.3µg 44	Silicon	0.25mg
Beta carotene	1.33mg		
Citrus Bioflavonoids	8mg		

*RDA = Recommended Daily Allowance (new 2009 values)

TRUE FOOD® SUPERNUTRITION PLUS 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, 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.

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



HIGHER NATURE®

TRUE FOOD®

TRUE FOOD SUPERNUTRITION PLUS

high absorption
multivitamins & minerals
plus a full spectrum
of food-based nutrients
30 tablets
VEGETARIAN
FOOD SUPPLEMENT

SUPERNUTRITION PLUS

30 tablets

TSN030

110

multivitamins & minerals

DIRECTIONS: Take 1-3 tablets (children over 8 years, 1-2 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 forming natural organic bonds and loose complexes which are then digested by enzymes for optimum bioavailability. The active nutrients are added to a completed fermentation of the culture *Saccharomyces cerevisiae*. As a guide, the nutrients in **TRUE FOOD® SUPERNUTRITION PLUS** are 2-8 times more bioavailable than standard isolated vitamins and minerals.

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

INGREDIENTS: Proprietary mixture: magnesium chloride, ascorbic acid, zinc sulphate, sodium molybdate, ferrous fumarate, copper sulphate, boric acid, silicon dioxide, niacinamide, chromium chloride, manganese chloride, biotin, d-alpha tocopherol, calcium pantothenate, citrus bioflavonoids, folic acid, riboflavin, potassium iodide, pyridoxine HCl, phytonadione, thiamine HCl, cyanocobalamin, vitamin D2 with enzyme digested *S.cerevisiae* (with soya); beta carotene, selenium enriched, enzyme digested *S.cerevisiae*; natural *Lithothamnion calcarea*; bulking agent: microcrystalline cellulose; flow agent: magnesium stearate*; coating: hydroxypropyl methylcellulose, natural vanilla extract, glycerine; anti-caking agent: silicon dioxide. *(vegetarian 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.



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