

PRODUCT INFORMATION

One tablet typically provides:

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

*RDA = Recommended Daily Allowance (new 2009 values)

TRUE FOOD® SUPERNUTRITION PLUS also contains B vitamins, betaglacans, 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.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE® TRUE FOOD®

TRUE FOOD SUPERNUTRITION PLUS

high absorption multivitamins & minerals plus a full spectrum of food-based nutrients

180 tablets VEGETARIAN FOOD SUPPLEMENT

SUPERNUTRITION PLUS 180 tablets

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.

Contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach.

Total content of iron per bottle is 301mg.

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

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

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

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