

PRODUCT INFORMATION

Three capsules typically provide:	%RDA†		%RDA†		
Vitamin A (5555iu) (from retinol 1500µg) (from beta carotene (1mg)* 167µg)	1667µg RE	208	Copper* Selenium* Manganese* Molybdenum* Chromium GTF* Boron* Silicon	1mg 75µg 1mg 20µg 30µg 0.75mg 32.8mg	100 136 50 40 75
Vitamin D (60iu)*	1.5µg	30	Camitine	25mg	
Vitamin E (7.5iu)*	5mg α-TE	42	Co-enzyme Q10*	2.7mg	
Vitamin C (from True Food® nutrient & magnesium ascorbate)	247mg	309	SuperPotency Soyagen*	10mg	
Thiamin (Vitamin B1)*	3mg	273	α-lipoic acid	5mg	
Riboflavin (Vitamin B2)*	3mg	214	Bromelain	20mg	
Niacin (Vitamin B3)*	18mg NE	113	Horsetail	10.7mg	
Vitamin B6*	2.5mg	179	Artichoke	10mg	
Folic acid*	100µg	50	Fenugreek	15mg	
Vitamin B12*	1µg	40	Garlic	15mg	
Biotin*	50µg	100	Kelp	100mg	
Pantothenic acid (Vitamin B5)*	10mg	165	Broccoli	5mg	
Vitamin K1*	30µg	40	Parsley	30mg	
Calcium	120mg	15	Capsicum	3mg	
Iron*	2mg	14	Ginger	10mg	
Magnesium (from True Food® nutrient, Lithothamnion calcarea & magnesium ascorbate)	37.7mg	10	Lactobacillus sporogenes (active)	50.4 million	
Zinc*	12mg	120	Bioflavonoids*	8mg	
Iodine	50µg	33	*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, betaglutamins, 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.

HIGHER NATURE® TRUE FOOD®



TRUE FOOD ALL MAN

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

180 capsules
VEGETARIAN
FOOD SUPPLEMENT

ALL MAN 180 capsules

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

TMAN180

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TMAN-107-11

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.

Fermentation is a very special process forming natural organic bonds and loose complexes which are then digested by enzymes for optimum bio-availability. The active nutrients are added to a completed fermentation of the culture *Saccharomyces cerevisiae*.

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 acetate, 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 calcarea*, 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.

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.



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