

**PRODUCT INFORMATION**

One tablet typically provides:

Beta carotene (16,000iu)

6mg

**INGREDIENTS:** Beta carotene enriched *Saccharomyces cerevisiae* (enzyme digested) (with soya), bulking agent: microcrystalline cellulose; anti-caking agent: stearic acid\*; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel); anti-caking agent: magnesium stearate\*; anti-caking agent: silicon dioxide. \*(vegetarian source).

**TRUE FOOD® BETA CAROTENE** 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, starch, wheat, gluten, 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 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**  
**BETA**  
**CAROTENE**  
potent antioxidant  
plus a full spectrum  
of food-based nutrients  
60 tablets  
**VEGETARIAN**  
**FOOD SUPPLEMENT**

**BETA CAROTENE 60 tablets**

**DIRECTIONS:** Adults and children over 8 years, take 1 tablet 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, 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® BETA CAROTENE** is made using a very special fermentation process. A culture of *Saccharomyces cerevisiae* is enriched with natural beta carotene forming natural bonds in a true food form for better absorption in the gut and optimum bioavailability.

**TRUE FOOD® BETA CAROTENE** is one of the few truly vegetarian/vegan beta carotene supplements as many are still spray dried on to animal or fish gelatines.

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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