

PRODUCT INFORMATION

Three capsules typically provide:	%RDA†		%RDA†
Vitamin A (5555iu) (from retinol 1500µg) (from beta carotene (1mg)* 167µg)	1667µg RE 208	Manganese*	0.33mg 17
Vitamin D (100iu)*	2.5µg 50	Molybdenum*	40µg 80
Vitamin E (15iu)*	10mg α-TE 83	Chromium GTF*	30µg 75
Vitamin C (from True Food® nutrient & magnesium ascorbate)	145mg 181	Boron*	0.75mg
Thiamin (Vitamin B1)*	3mg 273	Silicon	27mg
Riboflavin (Vitamin B2)*	3mg 214	Carnitine	15mg
Niacin (Vitamin B3)*	18mg NE 113	Co-enzyme Q10*	2mg
Vitamin B6*	5mg 357	SuperPotency Soyagen*	25mg
Folic acid*	200µg 100	α-lipoic acid	5mg
Vitamin B12*	2µg 80	Sage	20mg
Biotin*	50µg 100	Kelp	200mg
Pantothenic acid (Vitamin B5)*	5mg 83	Cranberry	10mg
Vitamin K1*	40.2µg 54	Artichoke	10mg
Calcium	120mg 15	Dandelion root	10mg
Iron*	4mg 28	Angelica	10mg
Magnesium (from True Food® nutrient, Lithothamnion calcarea & magnesium ascorbate)	28.8mg 8	Broccoli	10mg
Zinc*	3.6mg 36	Ginger	10mg
Iodine	100µg 67	Horsetail	8.6mg
Copper*	0.33mg 33	Parsley	30mg
Selenium*	75µg 136	Garlic	15mg
		Capsicum	3mg
		Hops	20mg
		<i>Lactobacillus sporogenes</i> (active)	50.4 million
		Bioflavonoids*	12mg
		*True Food® nutrients	

†RDA = Recommended Daily Allowance (new 2009 values)

May not be suitable for people with a fish or crustacean allergy.

TRUE FOOD® WISE WOMAN 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: 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. This bottle has a UV filter.

HIGHER NATURE® TRUE FOOD®



TRUE FOOD WISE WOMAN

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

180 capsules
VEGETARIAN
FOOD SUPPLEMENT

WISE WOMAN 180 capsules

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

TWW180

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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.

Contains Vitamin A. Do not take if pregnant or planning pregnancy. Contains iron which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 240mg. B vitamins may turn urine bright yellow - this is normal.

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*.

INGREDIENTS: Proprietary mixture: magnesium chloride, ascorbic acid, ferrous fumarate, boric acid, zinc sulphate, niacinamide, d-alpha tocopherol, copper sulphate, riboflavin, pyridoxine HCl, whole soya, calcium pantothenate, folic acid, sodium molybdate, chromium acetate, thiamine HCl, biotin, manganese chloride, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested *S.cerevisiae* (with soya); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested *S.cerevisiae*; natural *Lithothamnion calcarea*, vegetarian capsule: hydroxypropyl methylcellulose; natural kelp, magnesium ascorbate, bulking agent: microcrystalline cellulose; silicon dioxide, flow agent: magnesium stearate*; parsley, carnitine, sage, hops, vitamin A acetate* (stabilizer: gum Arabic; stabilizer: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); garlic, broccoli extract, artichoke, dandelion root, angelica, cranberry, ginger, natural horsetail, α-lipoic acid, *Lactobacillus sporogenes*, capsicum fruit (carrier: potato maltodextrin). * (non-animal 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.



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



TWW-113-12