

PRODUCT INFORMATION

One capsule typically provides:	%RDA*
Vitamin E (185iu)	124mg α -TE 1033
*RDA = Recommended Daily Allowance	

INGREDIENTS: Proprietary mixture: d-alpha tocopherol with enzyme digested *Saccharomyces cerevisiae* (with soya); capsule: hydroxypropyl methylcellulose (carrageenan)*; d-alpha tocopheryl succinate, anti caking agent: silicon dioxide; anti-caking agent: magnesium stearate*. *(vegetarian source)

DOES NOT CONTAIN: sugar, salt, starch, maize, corn, lactose, dairy products, artificial preservatives, colours or flavourings.

TRUE FOOD® VITAMIN E also contains B vitamins, betaglacans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

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.

Yeasts take in nutrients rather than consuming them so are valued food sources for nutrients.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

TRUE FOOD NATURAL VITAMIN E plus a full spectrum of food-based nutrients

30 capsules
VEGAN
FOOD SUPPLEMENT

VITAMIN E

30 capsules

DIRECTIONS: Take 1-3 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.

Suitable for vegetarians and vegans.
This product is not tested on animals.

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.



TE2-103-02



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