

**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 Food* nutrient & <i>Lithothamnion calcarea</i> ) | 15.83mg 4 |
| Vitamin C                                     | 20mg 25        | Zinc                                                                  | 3.33mg 33 |
| Thiamin (Vitamin B1)                          | 0.47mg 43      | Iodine                                                                | 50µg 33   |
| Riboflavin (Vitamin B2)                       | 0.53mg 38      | Copper                                                                | 0.33mg 33 |
| Niacin (Vitamin B3)                           | 6mg NE 38      | Selenium                                                              | 25µg 45   |
| Vitamin B6                                    | 0.67mg 48      | Manganese                                                             | 0.67mg 34 |
| Folic acid                                    | 66.7µg 33      | Molybdenum                                                            | 83µg 166  |
| Vitamin B12                                   | 0.65µg 26      | Chromium (as GTF)                                                     | 33.3µg 83 |
| Biotin                                        | 50µg 100       | Boron                                                                 | 0.25mg    |
| Pantothenic acid (Vitamin B5)                 | 2mg 33         | Silicon                                                               | 0.25mg    |
| Vitamin K                                     | 33.3µg 44      |                                                                       |           |
| 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, 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, 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*.

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.

Oranges are used during the fermentation process.

**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.

TSN180

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TSN-110-07



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