

#### PRODUCT INFORMATION

One capsule typically provides:		%RDA*
Iron	5mg	36
*RDA = Recommended Daily Allowance (new 2009 value)		

**INGREDIENTS:** Proprietary mixture: ferrous fumarate with enzyme digested *Saccharomyces cerevisiae* (with soya); bulking agent: rice bran; vegetarian capsule: hydroxypropyl methylcellulose (carrageenan).

**TRUE FOOD® EASY IRON** 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:** sugar, salt, wheat, gluten, maize, corn, 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.



**Charitable organisations policy:** supplements regularly donated

HIGHER NATURE®  
TRUE FOOD®

TRIAL  
SIZE

## TRUE FOOD EASY IRON

high absorption  
easily digested iron  
plus a full spectrum  
of food-based nutrients

3 capsules  
VEGETARIAN  
FOOD SUPPLEMENT

## EASY IRON

3 capsules

**DIRECTIONS:** Men and children over 8 years: take 1 capsule a day. Children aged 5 to 8 years: take 1 capsule every other day. Children aged 2 to 5 years: take 1 capsule every third day (may be sprinkled onto food). Women: take 2 - 4 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, which enriches yeast 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. Iron is added to a completed fermentation of the culture *Saccharomyces cerevisiae* to form a homogenous mixture for better absorption in the gut and optimum bioavailability of all nutrients. As a guide, 5mg of **TRUE FOOD® EASY IRON** may be used in the place of at least 15mg of inorganic iron supplements.

This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

Total content of iron per bottle is 150mg.

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

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