

PRODUCT INFORMATION

3 tablets typically provide:

		%RDA*
Vitamin D (400iu)	10µg	200
Vitamin C	120mg	150
Vitamin B6	10mg	714
Calcium	414mg	51
Magnesium	210mg	56
Zinc	5mg	50
Manganese	4mg	200
Copper	2mg	200
Boron	3mg	
Silicon	13mg	
True Food® Superpotency Soyagen®	120mg	

*RDA = Recommended Daily Allowance

INGREDIENTS: *Lithothamnion calcarea*, bulking agent: microcrystalline cellulose; magnesium oxide, magnesium citrate, calcium ascorbate, enzyme pre-digested whole soya fermented with *Saccharomyces cerevisiae* (food yeast), anti-caking agent: magnesium stearate*; zein protein coating, silicon dioxide, sodium borate, manganese citrate, zinc citrate, pyridoxine HCl, copper citrate, ergocalciferol.
*(vegetarian source)

DOES NOT CONTAIN: wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

SUPER OSTEOFOOD

vitamins, minerals
and Superpotency Soyagen

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

SUPER OSTEOFOOD

90 tablets

OST090

112

high potency bone formulation

- ✓ Calcium is needed for maintenance of normal bones.
- ✓ Vitamin D, magnesium, manganese and zinc support normal bones.
- ✓ Vitamin C supports collagen formation for normal bones.

DIRECTIONS: Take 3 tablets a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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.

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