

PRODUCT INFORMATION

One tablet of selenium typically provides: %RDA*
Selenium 200µg 364
*RDA = Recommended Daily Allowance (new 2009 value)

INGREDIENTS: Selenium enriched *Saccharomyces cerevisiae* (enzyme digested) (with soya); bulking agent: natural *Lithothamnion calcarea*; anti-caking agent: stearic acid*; anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavouring (sweetener: agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian source)

TRUE FOOD® SELENIUM 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, wheat, gluten, 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 SELENIUM

powerful antioxidant
plus a full spectrum
of food-based nutrients

60 tablets
VEGETARIAN
FOOD SUPPLEMENT

SELENIUM

60 tablets

DIRECTIONS: Take 1 tablet a day (children over 8 years, 1 every other 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 the yeast cell 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.

TRUE FOOD® SELENIUM is made using a very special fermentation process. A culture of *Saccharomyces cerevisiae* is enriched with selenium forming natural bonds in a true food form for better absorption in the gut and optimum bioavailability.

TRUE FOOD® SELENIUM is twice as bioavailable as inorganic selenium.

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.

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TSE-109-02



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com