

PRODUCT INFORMATION

Three capsules typically provide:

	%RDA†		%RDA†
Vitamin A (5555iu)	1667µg RE 208	Selenium*	75µg 136
(from retinol 1500µg)		Manganese*	1mg 50
(from beta carotene (1mg)* 167µg)		Molybdenum*	20µg 40
Vitamin D (60iu)*	1.5µg 30	Chromium GTF*	30µg 75
Vitamin E (7.5iu)*	5mg α-TE 42	Boron*	0.75mg
Vitamin C (from True Food®		Silicon	32.8mg
nutrient & magnesium ascorbate)	247mg 309	Carnitine	25mg
Thiamin (Vitamin B1)*	3mg 273	Co-enzyme Q10*	2.7mg
Riboflavin (Vitamin B2)*	3mg 214	SuperPotency Soyagen*	10mg
Niacin (Vitamin B3)*	18mg NE 113	α-lipoic acid	5mg
Vitamin B6*	2.5mg 179	Bromelain	20mg
Folic acid*	100µg 50	Horsetail	10.7mg
Vitamin B12*	1µg 40	Artichoke	10mg
Biotin*	50µg 100	Fenugreek	15mg
Pantothenic acid (Vitamin B5)*	10mg 165	Garlic	15mg
Vitamin K1*	30µg 40	Kelp	100mg
Calcium	120mg 15	Broccoli	5mg
Iron*	2mg 14	Parsley	30mg
Magnesium (from True Food®		Capsicum	3mg
nutrient, Lithothamnion calcarea		Ginger	10mg
& magnesium ascorbate)	37.7mg 10	Lactobacillus sporogenes (active)	50.4 million
Zinc*	12mg 120	Bioflavonoids*	8mg
Iodine	50µg 33		
Copper*	1mg 100		

†RDA = Recommended Daily Allowance (new 2009 values)

May not be suitable for people with a fish or crustacean allergy.

TRUE FOOD® ALL MAN 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: 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

HIGHER NATURE®

TRUE FOOD®



TRUE FOOD

ALL MAN

probiotic, multivitamin & mineral
formula plus antioxidants
& botanicals for men

90 capsules
VEGETARIAN
FOOD SUPPLEMENT

ALL MAN

90 capsules

probiotic, multivitamin & mineral formula
plus antioxidants & botanicals for men

TMAN090

DIRECTIONS: Adults take 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.

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*.

B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, ascorbic acid, boric acid, niacinamide, ferrous fumarate, calcium pantothenate, riboflavin, d-alpha tocopherol, manganese chloride, chromium acetate, pyridoxine HCl, thiamine HCl, whole soya, sodium molybdate, folic acid, biotin, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested *S. cerevisiae* (with soya); selenium, co-enzyme Q10, beta carotene enriched, enzyme digested *S. cerevisiae*; natural *Lithothamnion calcarea*, vegetarian capsule: hydroxypropyl methylcellulose; magnesium ascorbate, natural kelp, silicon dioxide, anti-caking agent: magnesium stearate*; carnitine, parsley, bromelain, vitamin A acetate* (stabilizer: acacia gum; stabilizer: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); fenugreek seed, garlic, natural horsetail, artichoke, ginger, α-lipoic acid, broccoli extract, *Lactobacillus sporogenes*, capsicum fruit (carrier: potato maltodextrin). * (non-animal source).

Oranges are used during the fermentation process.

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.



TMAN-107-11



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