

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			
			*True Food® nutrients		

†RDA = Recommended Daily Allowance

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.

HIGHER NATURE®



TRUE FOOD ALL MAN

complete multivitamin
& mineral formula
for men

90 capsules
VEGETARIAN
FOOD SUPPLEMENT

ALL MAN

90 capsules

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 chloride, 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*, 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.

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
www.highernature.com



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