

PRODUCT INFORMATION

Three capsules typically provide:	%RDA†		%RDA†		
Vitamin A (5555iu)	1667µg RE	208	Selenium*	75µg	136
(from retinol 1500µg)			Chromium GTF*	30µg	75
(from beta carotene (1mg)*	167µg)		Molybdenum*	20µg	40
Vitamin D (60iu)*	1.5µg	30	Iodine	50µg	33
Vitamin E (7.5iu)*	5mg α-TE	42	Boron*	0.75mg	
Vitamin K1*	30µg	40	Silicon	32.8mg	
Vitamin C (from True Food® nutrient			Kelp	100mg	
& magnesium ascorbate)	247mg	309	Carnitine	25mg	
Thiamin (Vitamin B1)*	3mg	273	Co-enzyme Q-10*	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	
Calcium	120mg	15	Broccoli	5mg	
Magnesium (from True Food®			Parsley	30mg	
nutrient, <i>Lithothamnion calcarea</i>			Capsicum	3mg	
& magnesium ascorbate)	377mg	10	Ginger	10mg	
Iron*	2mg	14	<i>Bacillus coagulans</i>		
Zinc*	12mg	120	(active)	50.4 million	
Copper*	1mg	100	Bioflavonoids*	8mg	
Manganese*	1mg	50			

†RDA = Recommended Daily Allowance

*True Food® nutrients

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

TRUE FOOD® ALL MAN also contains B vitamins, betaglucons, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

Saccharomyces cerevisiae is grown in a non GM soya-based medium. The yeast cell walls are gently pre-digested and broken down with pineapple enzymes to release the nutrients within each cell. Yeasts take in nutrients rather than consuming them so are valued food sources for nutrients. 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
VEGAN

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.

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 (**fish, crustacea**), 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, *Bacillus coagulans*, 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.

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