

PRODUCT INFORMATION

Three capsules typically provide:

	%RDA†		%RDA†
Vitamin A (5555iu) (from retinol 1500µg) (from beta carotene (1mg)* 167µg)	1667µg RE 208	Selenium*	75µg 136
Vitamin D (60iu)*	1.5µg 30	Manganese*	1mg 50
Vitamin E (7.5iu)*	5mg α-TE 42	Molybdenum*	20µg 40
Vitamin C (from True Food® nutrient & magnesium ascorbate)	247mg 309	Chromium GTF*	30µg 75
Thiamin (Vitamin B1)*	3mg 273	Boron*	0.75mg
Riboflavin (Vitamin B2)*	3mg 214	Silicon	32.8mg
Niacin (Vitamin B3)*	18mg NE 113	Carnitine	25mg
Vitamin B6*	2.5mg 179	Co-enzyme Q10*	2.7mg
Folic acid*	100µg 50	SuperPotency Soyagen*	10mg
Vitamin B12*	1µg 40	α-lipoic acid	5mg
Biotin*	50µg 100	Bromelain	20mg
Pantothenic acid (Vitamin B5)*	10mg 165	Horsetail	10.7mg
Vitamin K1*	30µg 40	Artichoke	10mg
Calcium	120mg 15	Fenugreek	15mg
Iron*	2mg 14	Garlic	15mg
Magnesium (from True Food® nutrient, <i>Lithothamnion calcarea</i> & magnesium ascorbate)	377mg 10	Kelp	100mg
Zinc*	12mg 120	Broccoli	5mg
Iodine	50µg 33	Parsley	30mg
Copper*	1mg 100	Capsicum	3mg
		Parsley	30mg
		Capsicum	3mg
		Ginger	10mg
		<i>Lactobacillus sporogenes</i> (active)	50.4 million
		Bioflavonoids*	8mg

† RDA = Recommended Daily Allowance

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

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).

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

180 capsules
VEGETARIAN
FOOD SUPPLEMENT

ALL MAN

180 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*, vegetarian capsule: hydroxypropyl methylcellulose; magnesium ascorbate, natural kelp, silicon dioxide, anti-caking agent: magnesium stearate*; camitine, parsley, bromelain, vitamin A acetate* (stabilizer: gum Arabic; 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.

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