

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

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

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

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).

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.

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

180 capsules
VEGAN

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.

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*; 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.

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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www.highernature.com

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