

**PRODUCT INFORMATION**

3 tablets typically provide:

|                   |       | %RDA* |
|-------------------|-------|-------|
| Vitamin D (400iu) | 10µg  | 200   |
| Vitamin C         | 120mg | 150   |
| Vitamin B6        | 10mg  | 714   |
| Calcium           | 414mg | 51    |
| Magnesium         | 210mg | 56    |
| Zinc              | 5mg   | 50    |
| Manganese         | 4mg   | 200   |
| Copper            | 2mg   | 200   |
| Boron             | 3mg   |       |
| Silicon           | 13mg  |       |

True Food® Superpotency Soyagen® 120mg

\*RDA = Recommended Daily Allowance (new 2009 values)

**INGREDIENTS:** *Lithothamnion calcarea*, bulking agent: microcrystalline cellulose; magnesium oxide, magnesium citrate, calcium ascorbate, enzyme pre-digested whole soya fermented with *Saccharomyces cerevisiae* (food yeast), anti-caking agent: magnesium stearate\*; zein protein coating, silicon dioxide, sodium borate, manganese citrate, zinc citrate, pyridoxine HCl, copper citrate, ergocalciferol.  
\* (vegetarian source)

**DOES NOT CONTAIN:** salt, wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated



PET



PP

HIGHER NATURE®

TRIAL  
SIZE

# SUPER OSTEOFOOD

vitamins, minerals  
and superpotency soyagen®  
for bones

3 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

## SUPER OSTEOFOOD

### 3 tablets

vitamins, minerals and  
superpotency soyagen® for bones

**DIRECTIONS:** Take 3 tablets a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**SUPER OSTEOFOOD** provides a full spectrum of nutrients for bone strength, including Calcium, Magnesium, Manganese, Zinc, Copper and Vitamins B6, C and D, plus True Food Superpotency Soyagen®.

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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