

PRODUCT INFORMATION

One tablet typically provides:		%RDA*		%RDA*
Vitamin D (330iu)	8.25µg	165	Calcium (from Lithothamnion	
Vitamin E (2.5iu)	1.67mg α-TE	14	calcareum)	90mg 11
Vitamin C	20mg	25	Iron	1.67mg 12
Thiamin (vitamin B1)	0.47mg	43	Magnesium (from True	
Riboflavin (vitamin B2)	0.53mg	38	Food® nutrient &	
Niacin (vitamin B3)	6mg NE	38	<i>Lithothamnion calcareum</i>)	15.83mg 4
Vitamin B6	0.67mg	48	Zinc	3.33mg 33
Folic acid	66.7µg	33	Iodine	50µg 33
Vitamin B12	0.65µg	26	Copper	0.33mg 33
Biotin	50µg	100	Selenium	25µg 45
Pantothenic acid			Manganese	0.67mg 34
(vitamin B5)	2mg	33	Molybdenum	83µg 166
Vitamin K	33.3µg	44	Chromium (as GTF)	33.3µg 83
Beta carotene	1.33mg		Boron	0.25mg
Citrus Bioflavonoids	8mg		Silicon	0.25mg

* RDA = Recommended Daily Allowance (new 2009 values)

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

DOES NOT CONTAIN: sugar, salt, 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.

Charitable organisations policy: supplements regularly donated



HIGHER NATURE®

TRUE FOOD®

TRUE FOOD SUPERNUTRITION PLUS

high absorption
multivitamins & minerals
plus a full spectrum
of food-based nutrients
180 tablets
VEGETARIAN
FOOD SUPPLEMENT

NOW WITH EXTRA VITAMIN D

SUPERNUTRITION PLUS 180 tablets

multivitamins & minerals

DIRECTIONS: Take 1-3 tablets (children over 8 years, 1-2 tablets) 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*. As a guide, the nutrients in **TRUE FOOD®**

SUPERNUTRITION PLUS are 2-8 times more bioavailable than standard isolated vitamins and minerals.

Contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach. Total content of iron per bottle is 301mg. B vitamins may turn urine bright yellow - this is normal.

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.

Oranges are used during the fermentation process.

INGREDIENTS: Proprietary mixture: magnesium chloride, ascorbic acid, zinc sulphate, sodium molybdate, copper sulphate, ferrous fumarate, boric acid, silicon dioxide, niacinamide, chromium chloride, manganese chloride, biotin, d-alpha tocopherol, calcium pantothenate, citrus bioflavonoids, folic acid, riboflavin, potassium iodide, pyridoxine HCl, phytonadione, thiamine HCl, vitamin D2, cyanocobalamin, with enzyme digested *S.cerevisiae* (with soya); beta carotene, selenium enriched, enzyme digested *S.cerevisiae* (with soya); natural *lithothamnion calcareum*, bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate*; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel); anticaking agent: silicon dioxide; emulsifier: sodium carboxymethyl cellulose. *(vegetarian source)

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

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