

**PRODUCT INFORMATION**

		%RDA†		%RDA†
Three capsules typically provide:				
Vitamin A (5555iu) (from retinol 1500µg)	1667µg RE	208	Manganese*	0.33mg 17
(from beta carotene (1mg)* 167µg)			Molybdenum*	40µg 80
Vitamin D (100iu)*	2.5µg	50	Chromium GTF*	30µg 75
Vitamin E (15iu)*	10mg α-TE	83	Boron*	0.75mg
Vitamin C (from True Food® nutrient & magnesium ascorbate)	145mg	181	Silicon	27mg
Thiamin (Vitamin B1)*	3mg	273	Camitine	15mg
Riboflavin (Vitamin B2)*	3mg	214	Co-enzyme Q10*	2mg
Niacin (Vitamin B3)*	18mg NE	113	SuperPotency Soyagen*	25mg
Vitamin B6*	5mg	357	α-lipoic acid	5mg
Folic acid*	200µg	100	Sage	20mg
Vitamin B12*	2µg	80	Kelp	200mg
Biotin*	50µg	100	Cranberry	10mg
Pantothenic acid (Vitamin B5)*	5mg	83	Artichoke	10mg
Vitamin K1*	40.2µg	54	Dandelion root	10mg
Calcium	120mg	15	Angelica	10mg
Iron*	4mg	28	Broccoli	10mg
Magnesium (from True Food® nutrient, <i>Lithothamnion calcarea</i> & magnesium ascorbate)	28.8mg	8	Ginger	10mg
Zinc*	3.6mg	36	Horsetail	8.6mg
Iodine	100µg	67	Parsley	30mg
Copper*	0.33mg	33	Garlic	15mg
Selenium*	75µg	136	Capiscum	3mg
			Hops	20mg
			<i>Lactobacillus sporogenes</i> (active)	50.4 million
			Bioflavonoids*	12mg
			*True Food® nutrients	

†RDA = Recommended Daily Allowance (new 2009 values)

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

TRUE FOOD® WISE WOMAN also contains B vitamins, betaglucans, 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. This bottle has a UV filter.

# HIGHER NATURE® TRUE FOOD®



## TRUE FOOD WISE WOMAN

probiotic, multivitamin & mineral  
formula plus antioxidants  
& botanicals for women

180 capsules  
VEGETARIAN  
FOOD SUPPLEMENT

## WISE WOMAN

probiotic, multivitamin & mineral formula plus  
antioxidants & botanicals for women

**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.

Contains Vitamin A. Do not take if pregnant or planning pregnancy.

Contains iron which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 240mg. B vitamins may turn urine bright yellow - this is normal.

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*.

**INGREDIENTS:** Proprietary mixture: magnesium chloride, ascorbic acid, ferrous fumarate, boric acid, zinc sulphate, niacinamide, d-alpha tocopherol, copper sulphate, riboflavin, pyridoxine HCl, whole soya, calcium pantothenate, folic acid, sodium molybdate, chromium chloride, thiamine HCl, biotin, manganese chloride, phytodiolone, cyanocobalamin, vitamin D2 with enzyme digested *S.cerevisiae* (with soya); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested *S.cerevisiae*; natural *Lithothamnion calcarea*, vegetarian capsule: hydroxypropyl methylcellulose; natural kelp, magnesium ascorbate, bulking agent: microcrystalline cellulose; silicon dioxide, anti-caking agent: magnesium stearate\*; parsley, camitine, sage, hops, vitamin A acetate\* (stabilizer: acacia gum; stabilizer: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); garlic, broccoli extract, artichoke, dandelion root, angelica, cranberry, ginger, natural horsetail, α-lipoic acid, *Lactobacillus sporogenes*, 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.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK  
[www.highternature.com](http://www.highternature.com)

180 capsules

180 capsules

TWW180

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Jar  
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