

PRODUCT INFORMATION

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

†RDA = Recommended Daily Allowance

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

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).

Saccharomyces cerevisiae is grown in a non GMI 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 WISE WOMAN

complete multivitamin
& mineral formula
for all women

90 capsules
VEGAN

FOOD SUPPLEMENT

WISE WOMAN 90 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.

Contains Vitamin A. Do not take if pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Proprietary mixture: magnesium chloride, ascorbic acid, ferrous fumarate, boric acid, zinc sulphate, niacinamide, d-alpha tocopherol (wheat germ oil (gluten)), copper sulphate, riboflavin, pyridoxine HCl, whole soya, calcium pantothenate, folic acid, sodium molybdate, chromium chloride, thiamine HCl, biotin, manganese chloride, phytonadione, cyanocobalamin, vitamin D2 with enzyme digested *S. cerevisiae* (with soya); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested *S. cerevisiae*; natural *Lithothamnion calcarea*, capsule: hydroxypropyl methylcellulose*; natural kelp (fish, crustacea), magnesium ascorbate, bulking agent: microcrystalline cellulose; silicon dioxide, anti-caking agent: magnesium stearate*; parsley, carnitine, sage, hops, vitamin A acetate* (stabiliser: acacia gum; stabiliser: 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, *Bacillus coagulans*, capsicum fruit (carrier: potato maltodextrin). * (non-animal source)

Oranges are used during the fermentation process. Store in a cool, dry, steam free environment out of the sight and reach of children.

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TWW-113-12

