

PRODUCT INFORMATION

Three capsules typically provide:

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

†RDA = Recommended Daily Allowance

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® WISE WOMAN** also contains B vitamins, betagluans, glutathione, choline, inositol, amino acidsand 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
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, 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

