

PRODUCT INFORMATION

One tablet typically provides:

Zinc	15mg	%RDA*	150
Copper	0.5mg		50

*RDA = Recommended Daily Allowance

INGREDIENTS: Proprietary mixture: zinc sulphate, copper sulphate with enzyme digested *Saccharomyces cerevisiae* (with soya); anti-caking agents: stearic acid*, magnesium stearate*, silicon dioxide; bulking agent: microcrystalline cellulose; bulking agent: hydroxypropyl cellulose; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel).
*(vegetarian source)

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, lactose, dairy products, artificial preservatives, colours or flavourings.

TRUE FOOD® ZINC nutrients contains B vitamins, betaglacans, 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 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.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

TRUE FOOD ZINC with copper plus a full spectrum of food-based nutrients

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

ZINC zinc & copper

90 tablets

TFZ090

110

DIRECTIONS: Take 1 tablet a day, with or between meals (children over 8 years, 1 tablet alternate days), or as your health professional advises. Do not exceed recommended daily intake. A **TRUE FOOD® SUPERNUTRITION PLUS** multivitamin supplement is also recommended.

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

Zinc and copper are added to a completed fermentation of the culture *Saccharomyces cerevisiae* to form a homogenous mixture for better absorption in the gut and optimum bioavailability of all nutrients. Copper has been included in the formula in the correct zinc/copper ratio, to prevent any imbalance from supplementation.



TFZ-105-02

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.



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