

PRODUCT INFORMATION

One tablet typically provides:

		%RDA*
Vitamin C	20mg	25
Thiamin (vitamin B1)	5mg	455
Riboflavin (vitamin B2)	5mg	357
Niacin (vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
Folic acid	200µg	100
Vitamin B12	5µg	200
Biotin	300µg	600
Pantothenic acid (vitamin B5)	30mg	500
Magnesium (from True Food® nutrient, <i>Lithothamnion calcarea</i> & magnesium citrate)	24mg	6
Choline	10mg	
Inositol	10mg	
PABA	10mg	
Citrus Bioflavonoids	8mg	

*RDA = Recommended Daily Allowance

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

TRUE FOOD® B COMPLEX also contains B vitamins, betaglutans, 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. This bottle has a UV filter.

HIGHER NATURE®

TRUE FOOD B COMPLEX

**B vitamins & vitamin C
with magnesium
plus a full spectrum
of food-based nutrients**

30 tablets

VEGAN

FOOD SUPPLEMENT

B COMPLEX

30 tablets

DIRECTIONS: Adults and children over 8 years, take 1 tablet 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.

As a guide, 1 tablet is comparable in effect to 75 - 100mg strength of standard B Complex supplements.

B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Proprietary mixture: magnesium chloride, niacinamide, calcium pantothenate, ascorbic acid, biotin, pyridoxine HCl, riboflavin, choline, inositol, PABA, thiamine HCl, folic acid, cyanocobalamin, with enzyme digested *S. cerevisiae* (with soya); natural *Lithothamnion calcarea*, magnesium citrate, anti-caking agent: stearic acid*; coating: methylcellulose (glycerine); anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; bulking agent: ethyl cellulose; natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian 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.highernature.com

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