

PRODUCT INFORMATION

One tablet typically provides:

Vitamin B6	10mg	%RDA *
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* RDA = Recommended Daily Allowance

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

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

TRUE FOOD® B6 also contains B vitamins, betaglucons, 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.



HIGHER NATURE®

TRUE FOOD B6

vitamin B6
plus a full spectrum
of food-based nutrients

30 tablets
VEGAN
FOOD SUPPLEMENT

TRUE FOOD B6 30 tablets

vitamin B6

TB6030

DIRECTIONS: Take 1 tablet a day, with or between meals, or as your health professional advises. Do not exceed recommended daily intake. A **TRUE FOOD® MAGNESIUM** supplement is also recommended.

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

Vitamin B6 and magnesium 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. As a guide, 10mg of **TRUE FOOD® B6** is comparable to 40mg of standard isolated vitamin B6 supplements.

This jar 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.



TB6-097-05

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