

**PRODUCT INFORMATION**

One tablet typically provides:

|                      |       |        |
|----------------------|-------|--------|
| Vitamin C            | 250mg | % RDA* |
| Citrus Bioflavonoids | 100mg | 313    |

\*RDA = Recommended Daily Allowance

**INGREDIENTS:** Proprietary mixture: vitamin C, citrus bioflavonoids; bulking agent: natural *Lithothamnion calcarea*; bulking agent: microcrystalline cellulose; anti-caking agents: silicon dioxide, magnesium stearate\*; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel).  
\*(vegetarian source)

Oranges are used during the fermentation process.

**DOES NOT CONTAIN:** sugar, salt, wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.**TRUE FOOD® C®** 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 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



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**HIGHER NATURE®****TRUE FOOD C®****vitamin C**

**& citrus bioflavonoids  
plus a full spectrum  
of food-based nutrients**

**30 tablets****VEGAN****FOOD SUPPLEMENT****TRUE FOOD C®****30 tablets****vitamin C & citrus bioflavonoids**

TFC030

**DIRECTIONS:** Take 1-3 tablets

(children over 8 years, 1-2 tablets) 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.

**TRUE FOOD® C®** is comparable in antioxidant effect to at least 1000mg standard isolated ascorbic acid and has been shown to last longer in the body.

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.



TFC-104-04

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