

PRODUCT INFORMATION

One tablet typically provides:		% RDA*
Vitamin C	250mg	313
Citrus Bioflavonoids	100mg	

*RDA = Recommended Daily Allowance

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

Oranges are used during the fermentation process.

DOES NOT CONTAIN: 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 pineapple enzymes 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 C®

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

90 tablets

VEGAN

FOOD SUPPLEMENT

TRUE FOOD C® 90 tablets

- ✓ Vitamin C contributes to the normal function of the nervous system.
- ✓ Vitamin C contributes to the normal function of the immune system.
- ✓ Vitamin C contributes to reduction of tiredness and fatigue.

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. 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.

Vitamin C and citrus bioflavonoids 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.

Take in place of 1000mg of standard Vitamin C. 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

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com