

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, 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 C®

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

**180 tablets
VEGAN
FOOD SUPPLEMENT**

TRUE FOOD C® 180 tablets

vitamin C & citrus bioflavonoids

TFC180

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. **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.



TFC-104-04

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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