

PRODUCT INFORMATION

Two tablets typically provide:

		%RDA*
Calcium	120mg	15
Magnesium	120mg	32

*RDA = Recommended Daily Allowance

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

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

TRUE FOOD® CALCIUM & MAGNESIUM 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

HIGHER NATURE®

TRUE FOOD CALCIUM & MAGNESIUM

one to one ratio
calcium & magnesium
plus a full spectrum
of food-based nutrients

120 tablets

VEGAN

FOOD SUPPLEMENT

CALCIUM & MAGNESIUM 120 tablets

DIRECTIONS: Take 2-6 tablets (children over 8 years, 1-3 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.

As a guide, much less **TRUE FOOD® CALCIUM & MAGNESIUM** is needed than from standard inorganic calcium and magnesium supplements.

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.

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

TCM120
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TCM-100-03

