

**PRODUCT INFORMATION**

One capsule typically provides:		%RDA*
Iron	5mg	36
*RDA = Recommended Daily Allowance		

**INGREDIENTS:** Proprietary mixture: ferrous fumarate with enzyme digested *Saccharomyces cerevisiae* (with soya); bulking agent: rice bran; vegetarian capsule: hydroxypropyl methylcellulose (carrageenan).

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

**TRUE FOOD® EASY IRON** 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.

This jar has a UV filter.

Suitable for vegetarians and vegans.

This product is not tested on animals.



# HIGHER NATURE®

**TRUE FOOD  
EASY IRON**  
easily-digested iron  
plus a full spectrum  
of food-based nutrients

30 capsules  
VEGAN  
FOOD SUPPLEMENT

## EASY IRON

## 30 capsules

✓ Iron contributes to the reduction of tiredness and fatigue.

TIR030

**DIRECTIONS:** Men and children over 8 years: take 1 capsule a day, Children aged 5 to 8 years: take 1 capsule every other day, Children aged 2 to 5 years: take 1 capsule every third day (may be sprinkled onto food), Women: take 2 - 4 capsules 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, 5mg of **TRUE FOOD® EASY IRON** may be used in the place of at least 15mg of inorganic iron supplements.

This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.  
Total content of iron per bottle is 150mg.

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



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