

**PRODUCT INFORMATION**

| One tablet typically provides: |        | %RDA* |                                 |         | %RDA* |
|--------------------------------|--------|-------|---------------------------------|---------|-------|
| Vitamin D (330iu)              | 8.25µg | 165   | Calcium (from                   |         |       |
| Vitamin E (2.5iu)              | 1.67mg | 14    | <i>Lithothamnion calcarea</i> ) | 90mg    | 11    |
| Vitamin C                      | 20mg   | 25    | Iron                            | 1.67mg  | 12    |
| Thiamin (vitamin B1)           | 0.47mg | 43    | Magnesium (from True            |         |       |
| Riboflavin (vitamin B2)        | 0.53mg | 38    | Food® nutrient &                |         |       |
| Niacin (vitamin B3)            | 6mg NE | 38    | <i>Lithothamnion calcarea</i> ) | 15.83mg | 4     |
| Vitamin B6                     | 0.67mg | 48    | Zinc                            | 3.33mg  | 33    |
| Folic acid                     | 66.7µg | 33    | Iodine                          | 50µg    | 33    |
| Vitamin B12                    | 0.65µg | 26    | Copper                          | 0.33mg  | 33    |
| Biotin                         | 50µg   | 100   | Selenium                        | 25µg    | 45    |
| Pantothenic acid               |        |       | Manganese                       | 0.67mg  | 34    |
| (vitamin B5)                   | 2mg    | 33    | Molybdenum                      | 83µg    | 166   |
| Vitamin K                      | 33.3µg | 44    | Chromium (as GTF)               | 33.3µg  | 83    |
| Beta carotene                  | 1.33mg |       | Boron                           | 0.25mg  |       |
| Citrus Bioflavonoids           | 8mg    |       | Silicon                         | 0.25mg  |       |

\* RDA = Recommended Daily Allowance

**DOES NOT CONTAIN:** lactose, dairy products, artificial preservatives, colours or flavourings.

**TRUE FOOD® SUPERNUTRITION PLUS** also contains B vitamins, betaglucons, 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.

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



# HIGHER NATURE®

## TRUE FOOD SUPERNUTRITION PLUS

high absorption  
multivitamins & minerals  
plus a full spectrum  
of food-based nutrients

30 tablets  
VEGAN

FOOD SUPPLEMENT

NOW WITH EXTRA VITAMIN D

## SUPERNUTRITION PLUS 30 tablets

**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.

The active nutrients are added to a completed fermentation of the culture *Saccharomyces cerevisiae*. As a guide, the nutrients in **TRUE FOOD® SUPERNUTRITION PLUS** are 2-8 times more bioavailable than standard isolated vitamins and minerals.

B vitamins may turn urine bright yellow - this is normal.

**INGREDIENTS:** Proprietary mixture: magnesium chloride, ascorbic acid, zinc sulphate, sodium molybdate, copper sulphate, ferrous fumarate, boric acid, silicon dioxide, niacinamide, chromium chloride, manganese chloride, biotin, d-alpha tocopherol, calcium pantothenate, citrus bioflavonoids, folic acid, riboflavin, potassium iodide, pyridoxine HCl, phytonadione, thiamine HCl, vitamin D2, cyanocobalamin, with enzyme digested *S. cerevisiae* (with soya); beta carotene, selenium enriched, enzyme digested *S. cerevisiae* (with soya); natural *Lithothamnion calcarea*, bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate\*; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup, flavour: vanilla extract, colour: caramel); anticaking agent: silicon dioxide; emulsifier: sodium carboxymethyl cellulose. \* (vegetarian source)

Oranges are used during the fermentation process.

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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