

PRODUCT INFORMATION

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

high absorption
multivitamins & minerals
plus a full spectrum
of food-based nutrients
180 tablets
VEGAN
FOOD SUPPLEMENT

NOW WITH EXTRA VITAMIN D

SUPERNUTRITION PLUS 180 tablets

TSN 180
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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.

As a guide, the nutrients in **TRUE FOOD® SUPERNUTRITION PLUS** are 2-8 times more bioavailable than standard isolated vitamins and minerals.

Contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach. Total content of iron per bottle is 301mg. B vitamins may turn urine bright yellow - this is normal.

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.

Oranges are used during the fermentation process.

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 (**wheat** germ oil (**gluten**)), 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); anti-caking agent: silicon dioxide; emulsifier: sodium carboxymethyl cellulose. *(vegetarian source)



TSN-110-07

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