

PRODUCT INFORMATION

One capsule typically provides:
Co-enzyme Q10

30mg

INGREDIENTS: Co-enzyme Q10 enriched *Saccharomyces cerevisiae* (enzyme digested) (with soya), capsule: hydroxypropyl methylcellulose (carrageenan)*; anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide. *(vegetarian source)

Oranges are used during the fermentation process.

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

TRUE FOOD® MAXI Q10 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 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 MAXI Q10

co-enzyme Q10
plus a full spectrum
of food-based nutrients

60 capsules
VEGAN
FOOD SUPPLEMENT

MAXI Q10

60 capsules

TCQ060

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DIRECTIONS: Take 1 capsule 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.

Independent testing has shown that 1 capsule (30mg) of **TRUE FOOD® MAXI Q10** is comparable in effect to 250- 300mg of standard co-enzyme Q10 supplements.



TCQ-101-01

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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