



## FOOD SUPPLEMENT

**Product information:**  
Two capsules typically provide:

			%NRV <sup>†</sup>
Vitamin A (from carrot)	(1499iu)	450µg RE	56
Vitamin D3 (from lichen)	(1500iu)	37.5µg	750
Vitamin E (from sunflower seed kernel)	(8.9iu)	6mg α-TE	50
Vitamin K		197µg	263
- Vitamin K1 (from parsley)		137µg	
- Vitamin K2 MK-7 (from natto)		60µg	
Vitamin C (from amla & parsley)		60mg	75
Thiamin (vitamin B1 from garlic & sunflower seed kernel)		2.5mg	227
Riboflavin (vitamin B2 from coconut aminos)		2.5mg	179
Niacin (vitamin B3 from shiitake & garlic)		15mg NE	94
Vitamin B6 (from garlic)		3.2mg	229
Folic acid (from spinach)		400µg	200
Vitamin B12 (mixed cobalamin from shiitake)		6.5µg	260
Biotin (from sunflower seed kernel)		34µg	68
Pantothenic acid (from shiitake)		4mg	67
Magnesium (from marine source)		60mg	16
Iron (from curry leaf)		3.3mg	24
Zinc (from shiitake)		8.2mg	82
Selenium (from sunflower seed kernel & shiitake)		58.6µg	107
Chromium (from parsley & moringa)		35µg	88
Iodine (from sea kelp)		50µg	33
AstraGin® (astragalus membranaceus root & panax notoginseng root extracts)		35mg	

\* Vitamin B12 contributes to normal energy-yielding metabolism  
\*\* Zinc contributes to normal cognitive and immune function

## HIGHER NATURE®



### True Food Vitality for Women

Superior whole food  
multivitamin

20 vitamins and minerals plus  
scientifically backed AstraGin®



Energy &  
metabolism\*



Immunity\*\*



Brain\*\*

Natural source, no synthetics  
60 vegan capsules

### True Food Vitality for Women

- ✓ Nutrients from 16 real foods
- ✓ Gentle green extraction of nutrients
- ✓ With AstraGin® for advanced nutrient absorption<sup>†</sup>

<sup>†</sup>A diet including 35mg of AstraGin® per day may support nutrient absorption.

**Ingredients:** Plant, mushroom and adaptogen extracts blend (amla fruit, sunflower seed kernel, moringa leaf, shiitake mushroom fruiting body, garlic bulb, carrot root, curry leaf, spinach leaf, parsley leaf, coconut aminos, lichen), capsule shell (hydroxypropyl methylcellulose), magnesium hydroxide (marine source), kelp (*ascophyllum nodosum*), extract from *panax notoginseng* and *astragalus membranaceus* (AstraGin®), menaquinone 7 (MK-7) from natto extract.

**Directions:** Adults take 2 capsules daily with a meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**Warnings:** Do not take if you are under 18 years old or pregnant. If you are breastfeeding, taking any medication, (including anti-coagulants (blood thinners)) or have a medical condition, please consult your healthcare professional before using this product.

**Storage:** Store in a cool, dry place out of reach of children.

AstraGin® is a registered trademark of NuLiv Science USA Inc.

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Third party tested  
for quality assurance



PRODUCT INFO

TFVIW164-01 TFVIW060/101



### The genuine real food supplement

Drawing on 30 years of expertise, Higher Nature True Food® supplements are carefully crafted to help keep you at your best.

Unlike other brands, we're not adding synthetic nutrients to yeast, bacteria or food pastes, we blend together real whole foods such as fruits, vegetables, mushrooms, herbs and seeds in order to create a naturally nutrient rich supplement that works better for you.

As these supplements are derived from real food ingredients your body already recognises, they are more biologically active, delivering their benefits faster than alternatives.

Wholly without synthetics, you can feel assured that your supplements are working in harmony with your body rather than against it, allowing you to live your life to its absolute fullest.

Higher Nature – pioneer of  
food-based supplements since 1994.

True Food® is a registered trademark of Higher Nature Ltd.

