

PRODUCT INFORMATION

One tablet typically provides:	%RDA*
Magnesium 50mg	13

*RDA = Recommended Daily Allowance (new 2009 value)

INGREDIENTS: Proprietary mixture: magnesium chloride with enzyme digested *Saccharomyces cerevisiae* (with soya); bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate*, silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel).
*(vegetarian source)

TRUE FOOD® MAGNESIUM also contains B vitamins, betaglucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

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

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.

Some people have an allergic response to yeast but the allergen, which causes an allergic response, is a protein on the yeast cell wall and when broken down the protein's ability to evoke an allergic response is largely lost.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®
TRUE FOOD®

**TRUE FOOD
MAGNESIUM**
plus a full spectrum
of food-based nutrients

180 tablets
VEGETARIAN
FOOD SUPPLEMENT

MAGNESIUM

180 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. 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.

Fermentation is a very special process, which enriches yeast with all the nutrients used in the growing mixture, forming natural organic bonds and loose complexes. Yeasts take in nutrients rather than consuming them and are for this reason valued food sources for nutrients. Magnesium is added to a completed fermentation of the culture *Saccharomyces cerevisiae* to form a homogenous mixture for better absorption in the gut and optimum bioavailability of all nutrients. As a guide one 50mg tablet is comparable in effect to 200mg of standard isolated magnesium supplements.

This bottle has a UV filter.

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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