



- ✓ Premium **heart health** supplement
- ✓ Patented, **highly effective** formula
- ✓ Bio-available **CoQ10**
- ✓ Contains **lactoferrin**

## HEART HEALTH SUPPLEMENT

astaxanthin • turmeric • lactoferrin • CoQ10 • copper • and more

Take **true core™** if...

- you frequently push your heart to the **maximum**
  - you want to increase your **stamina** during physical activity
  - you know that you need **cardiovascular** support
  - you want an effective **natural** way to support your heart
  - you are concerned about your **heart health**
  - you are **overweight** or at risk of **heart disease**
- 
- ✓ For a healthy heart.
  - ✓ For stamina and physical performance.
  - ✓ For effective CoQ10 delivery to your heart.
  - ✓ For cellular level support for your heart and cardiovascular system.

For your heart and blood vessels true core contains vitamin B1 (thiamin) and DHA and EPA which contribute to the normal function of the heart and vitamin C, which contributes to normal collagen formation for the normal function of blood vessels • copper, manganese, vitamin B1 (thiamin), vitamin B3 (niacin) and vitamin C which contribute to normal energy-yielding metabolism • vitamin B3 (niacin) and vitamin C which contribute to a reduction of tiredness and fatigue. true core contains zinc which contributes to normal metabolism of fatty acids.

true core should be taken as part of a varied and balanced diet and healthy lifestyle.  
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true core™ contains 30 softgel capsules, each 1000 mg.

Recommended use: Take 1 capsule daily with a meal

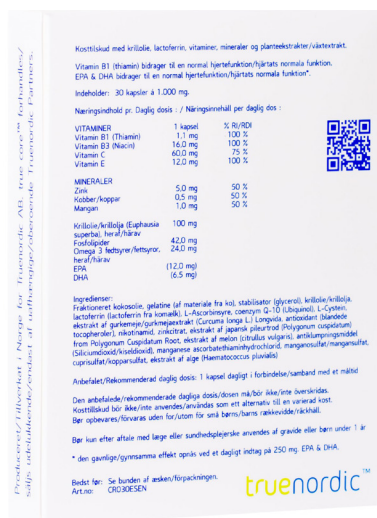
Nutrition Information:	per softgel	% DRV
<b>VITAMINS</b>		
Vitamin B1 (Thiamine)*	1.1 mg	100 %
Vitamin B3 (Niacin)	16.0 mg	100 %
Vitamin C	60.0 mg	75 %
Vitamin E	12.0 mg	100 %
<b>MINERALS</b>		
Zinc	5.0 mg	50 %
Copper	0.5 mg	50 %
Manganese	1.0 mg	50 %
Krill oil (Euphausia superba)	100.0 mg	
Phospholipids	(42.0 mg)	
Omega 3 fatty acids:	24.0 mg	
EPA	(12.0 mg)	
DHA	(6.5 mg)	

**Ingredients:** Fractionated coconut oil, gelatine (bovine), stabiliser (glycerol), krill oil, lactoferrin from cow's milk, L-ascorbic acid, coenzyme Q-10 (ubiquinone), N-Acetyl-Cysteine, turmeric extract, mixed tocopherols, niacin, zinc citrate, resveratrol, melon pulp extract (citrullus vulgaris), anti-caking agent (silicon dioxide), copper gluconate, thiamine hydrochloride, manganese sulphate, copper sulphate, micro algae (haematococcus pluvialis)

Thiamine contributes to the normal function of the heart.

EPA and DHA contribute to the normal function of the heart.

The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.



US Patents: 7601689 • 7956031 • 8003603 • 8021659 • 8309080 • 8476223

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Designed to provide exceptional support for your core heart health **true core™** supports the pump that powers your entire body.

According to the EU regulations on nutritional supplement marketing here is what you can say when talking about about true core. Yes, there's even more on the next page!

For your heart and blood vessels true core contains vitamin B1 (thiamin) and DHA and EPA which contribute to the normal function of the **heart** and vitamin C, which contributes to normal **collagen formation** for the normal function of **blood vessels**.



For energy true core contains copper, manganese, vitamin B1 (thiamin), vitamin B3 (niacin) and vitamin C which contribute to normal **energy-yielding metabolism**, and vitamin B3 (niacin) and vitamin C which contribute to a **reduction of tiredness and fatigue**.



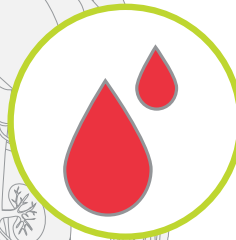
For your immune system true core contains copper, vitamin B3 (niacin), vitamin C and zinc which contribute to the normal function of the **immune system**.



For DNA and protein synthesis true core contains zinc which contributes to normal **DNA synthesis** and normal protein synthesis.



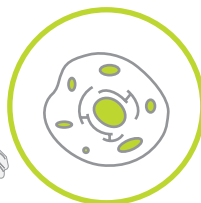
For your blood true core contains DHA, which contributes to the maintenance of normal **blood triglyceride levels** and zinc which contributes to the maintenance of normal **testosterone levels** in the blood.



For your brain and nervous system true core contains vitamin B1 (thiamin), vitamin B3 (niacin), vitamin C, which contributes to normal **psychological function**; and normal functioning of the **nervous system** and zinc which contributes to normal **cognitive function**.



For your cells true core contains copper, vitamin C, vitamin E and zinc which contribute to the **protection of cells from oxidative stress**, and zinc which has a role in the process of **cell division**.





true core contains DHA, Omega 3 fatty acid which contributes to the maintenance of normal blood triglyceride levels.\*\*  
 true core contains vitamin C which contributes to normal collagen formation for the normal function of blood vessels.  
 true core contains zinc which contributes to the maintenance of normal testosterone levels in the blood.  
 true core contains copper which contributes to normal iron transport in the body.  
 true core contains zinc which contributes to normal metabolism of fatty acids.  
 true core contains vitamin C which increases iron absorption.



true core contains DHA and EPA Omega 3 fatty acids and vitamin B1 (thiamin) which contribute to the normal function of the heart.\*



true core contains copper, manganese, vitamin B1 (thiamin), vitamin B3 (niacin) and vitamin C which contribute to normal energy-yielding metabolism.  
 true core contains vitamin B3 (niacin) and vitamin C which contribute to a reduction of tiredness and fatigue.



true core contains vitamin B1 (thiamin), vitamin B3 (niacin) and vitamin C which contribute to normal psychological function.  
 true core contains zinc which contributes to normal cognitive function.  
 true core contains copper, vitamin B1 (thiamin), vitamin B3 (niacin) and vitamin C which contribute to normal functioning of the nervous system.



true core contains vitamin C which contributes to normal collagen formation for the normal function of bones.  
 true core contains manganese and zinc which contribute to the maintenance of normal bones.  
 true core contains vitamin C which contributes to normal collagen formation for the normal function of cartilage.  
 true core contains copper which contributes to maintenance of normal connective tissues.  
 true core contains manganese which contributes to the normal formation of connective tissue.



true core contains copper, vitamin C, vitamin E and zinc which contribute to the protection of cells from oxidative stress.  
 true core contains zinc which has a role in the process of cell division.



true core contains copper, vitamin B3 (niacin), vitamin C and zinc which contribute to the normal function of the immune system.



true core contains zinc which contributes to the maintenance of normal hair.  
 true core contains zinc which contributes to the maintenance of normal nails.  
 true core contains copper which contributes to normal skin pigmentation.  
 true core contains vitamin B3 (niacin) and zinc which contribute to the maintenance of normal skin.  
 true core contains vitamin B3 (niacin) which contributes to the maintenance of normal mucous membranes.  
 true core contains vitamin C which contributes to normal collagen formation for the normal function of skin.



true core contains vitamin C which contributes to normal collagen formation for the normal function of gums.  
 true core contains vitamin C which contributes to normal collagen formation for the normal function of teeth.  
 true core contains zinc which contributes to the maintenance of normal vision.



true core contains zinc which contributes to normal DNA synthesis.  
 true core contains zinc which contributes to normal protein synthesis.  
 true core contains zinc which contributes to normal acid-base metabolism.  
 true core contains zinc which contributes to normal carbohydrate metabolism.  
 true core contains zinc which contributes to normal fertility and reproduction.



true core contains zinc which contributes to normal macronutrient metabolism.  
 true core contains zinc which contributes to normal metabolism of vitamin A.  
 true core contains vitamin C which contributes to the regeneration of the reduced form of vitamin E.

\* The beneficial effect is obtained with a daily intake of 250 mg of DHA.

\*\*The beneficial effect of DHA is obtained with a daily intake of 2 g of DHA. We recommend that you do not exceed a supplemental daily intake of 5 g of EPA and DHA combined.