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STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

LAMBERTS®

THE PROFESSIONAL RANGE

Time Release Formulation

Vitamin C - Time 1000mg

with Bioflavonoids
and Rose Hip ExtractFOOD SUPPLEMENT
60 Tablets

DIRECTIONS: Take 1 tablet every 6 hours, up to a maximum of 2 per day, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

Our daily requirement for vitamin C is higher than for any other water-soluble vitamin. Ideally, vitamin C needs to be taken in small amounts throughout the day and night because it is rapidly lost from the body. However, this is not always convenient which is why Lamberts® have formulated Time Release Vitamin C tablets (the vitamin C is gradually released over 6 hours) making the product longer acting.

Over 1000mg of Vitamin C may cause mild stomach upset in sensitive individuals.

KEEP AWAY FROM CHILDREN**PRODUCT INFORMATION****Typically per tablet: %NRV***

Vitamin C	1000mg	1250
Rose Hip (as 4:1 extract)	50mg	
Citrus Bioflavonoid Complex	50mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Vitamin C (Ascorbic Acid), Hydroxypropyl Methylcellulose, DiCalcium Phosphate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate & Stearic Acid), Citrus Bioflavonoid Complex, Tablet Coating (Hydroxypropyl Methylcellulose, Glazing Agents: Polydextrose & Calcium Carbonate, Colour: Iron Oxides), Cellulose, Rose Hip (*Rosa canina L.*) Extract.

ⓧ Suitable for vegetarians

ⓧ Suitable for vegans

TO BE TAKEN ON THE ADVICE OF A
PRACTITIONER OR PHARMACIST ONLY

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