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STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

LL782-5

**LAMBERTS®****THE PROFESSIONAL RANGE**

One-a-Day, Yeast Free  
**Selenium**  
**200µg**  
FOOD SUPPLEMENT  
**60 Tablets**

**DIRECTIONS:** Take 1 tablet daily with a meal, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

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

**INGREDIENTS:** DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerine), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Selenium (L-Selenomethionine & Sodium Selenite).

**KEEP AWAY FROM CHILDREN****NUTRITION INFORMATION**

Typically per tablet:	%NRV*
Selenium	200µg 364

\*NRV = Nutrient Reference Value

Selenium contributes to the maintenance of normal hair/nails, and the normal function of the immune system. It also contributes to the protection of cell constituents from oxidative damage.

✓ Suitable for vegetarians

✓ Suitable for vegans

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

**8269-60**

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