

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

 Suitable for vegetarians

**KEEP AWAY FROM CHILDREN**



LL993-9

STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

# LAMBERTS®

THE PROFESSIONAL RANGE

## Multi-Guard® Control

**MULTI VITAMINS  
& MINERALS**

With Cinnamon Extract

FOOD SUPPLEMENT

**120 Tablets**

WITH  
VIT B6  
AS P5P

**DIRECTIONS:** Take 2 tablets daily, preferably one with breakfast and one with either lunch or dinner, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

**CAUTION:** Do not take if pregnant or breast feeding. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. If you are taking anti-coagulants (blood thinners) do not take these tablets except on the advice of a doctor.

**INGREDIENTS:** Magnesium (Citrate & Oxide), Bulking Agent (Cellulose), Calcium Carbonate, Vitamin C (Ascorbic Acid), Tablet Coating (Polydextrose, Hydroxypropyl Methylcellulose & Calcium Carbonate, Colours: Iron Oxides), Cinnamon (*Cinnamomum cassia*) Bark Extract, Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Vitamin E (d-alpha Tocopheryl Acid Succinate), Niacin (Nicotinamide), Zinc Citrate, Iron (Ferrous Fumarate), Thiamine Mononitrate, Humectant (Crosslinked Cellulose Gum), Pantothenic Acid (Calcium Pantothenate), Para Amino Benzoic Acid, Choline Bitartrate, Inositol, Riboflavin, Vitamin B6 (Pyridoxal 5-Phosphate), Vitamin B12 (Cyanocobalamin), Vitamin D3 (Cholecalciferol), Selenium (L-Selenomethionine & Sodium Selenite), Chromium Picolinate, Manganese Sulphate, Copper Sulphate, Folic Acid, Vitamin K1 (Phylloquinone), Potassium Iodide, Biotin.

### PRODUCT INFORMATION

Typically per two tablets: %NRV\*

|                                           |           |      |
|-------------------------------------------|-----------|------|
| Vitamin D (D3)                            | 5µg       | 100  |
| Vitamin E                                 | 50mg α-TE | 417  |
| Vitamin K (K1)                            | 20µg      | 27   |
| Vitamin C                                 | 100mg     | 125  |
| Thiamin (B1)                              | 25mg      | 2273 |
| Riboflavin (B2)                           | 12mg      | 857  |
| Niacin (B3)                               | 50mg NE   | 313  |
| Vitamin B6 (as P5P)                       | 10mg      | 714  |
| Folic Acid                                | 400µg     | 200  |
| Vitamin B12                               | 50µg      | 2000 |
| Biotin                                    | 150µg     | 300  |
| Pantothenic Acid (B5)                     | 25mg      | 417  |
| Calcium                                   | 120mg     | 15   |
| Magnesium                                 | 300mg     | 80   |
| Iron                                      | 14mg      | 100  |
| Zinc                                      | 15mg      | 150  |
| Copper                                    | 500µg     | 50   |
| Manganese                                 | 0.5mg     | 25   |
| Selenium                                  | 200µg     | 364  |
| Chromium                                  | 200µg     | 500  |
| Iodine                                    | 150µg     | 100  |
| Choline Bitartrate                        | 25mg      | -    |
| Inositol                                  | 25mg      | -    |
| PABA                                      | 25mg      | -    |
| Cinnamon Bark (as 80mg of a 25:1 extract) | 2000mg    | -    |

\*NRV = Nutrient Reference Value

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

**8441-120**

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