

LAMBERTS®

THE PROFESSIONAL RANGE

ONE-A-DAY

StrongStart® MVM

Vitamins & Minerals
including 400µg Folic Acid
and 15mg Zinc

Zinc contributes to normal fertility
and reproduction

FOOD SUPPLEMENT
60 Tablets

CAUTION: This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

StrongStart MVM® is a one-a-day multi-nutrient formula for women who are either hoping to conceive, pregnant or breast feeding.

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STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

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 healthy lifestyle.

INGREDIENTS: DiCalcium Phosphate, Cellulose, Magnesium Oxide, Vitamin C (Ascorbic Acid), Vitamin E (dl-alpha Tocopherol Acetate), Iron (Ferrous Fumarate), Zinc Citrate, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides), Niacin (Nicotinamide), Stearic Acid, Thiamine Mononitrate, Silicon Dioxide, Vitamin B6 (Pyridoxine Hydrochloride), Riboflavin, Crosslinked Cellulose Gum, Magnesium Stearate, Manganese Sulphate, Pantothenic Acid (Calcium Pantothenate), Vitamin D3*, Choline Bitartrate, Inositol, Copper Sulphate, Chromium Piccolinate, Vitamin K1, Selenium (Sodium Selenite & L-Selenomethionine), Folic Acid, Potassium Iodide, Biotin, Vitamin B12 (Cyanocobalamin).

*With antioxidant d-alpha Tocopherol

PRODUCT INFORMATION

Typically per tablet: %NRV**

Vitamin D	10µg	200
Vitamin E	20mg	167
Vitamin K	70µg	93
Vitamin C	70mg	88
Thiamin	10mg	910
Riboflavin	10mg	714
Niacin	20mg	125
Vitamin B6	10mg	714
Folic Acid	400µg	200
Vitamin B12	6µg	240
Biotin	150µg	300
Pantothenic Acid	5mg	83
Calcium	75mg	9
Magnesium	150mg	40
Iron	17mg	121
Zinc	15mg	150
Copper	1mg	100
Manganese	2mg	100
Selenium	100µg	182
Chromium	200µg	500
Iodine	150µg	100
Choline Bitartrate	5mg	-
Inositol	5mg	-

**NRV = Nutrient Reference Value

KEEP AWAY FROM CHILDREN

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

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