

LAMBERTS®

THE PROFESSIONAL RANGE

Vegan

Iron Complex

Iron with Vitamin B12
and L-Lysine

Tummy Friendly

FOOD SUPPLEMENT
120 Tablets

8244-120



LK837

STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

DIRECTIONS: Take 2 tablets daily or as recommended by a practitioner or pharmacist. Do not exceed recommended daily dose.

Use only water or fruit juice to swallow tablets. Not milk or any other protein drink. For best results swallow whole, half to one hour before food, or on an empty stomach. Food supplements should not replace a balanced diet and healthy lifestyle.

CAUTION: This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Do not take if pregnant or breast feeding.

INGREDIENTS: L-Lysine Hydrochloride, Dicalcium phosphate dihydrate, Cellulose, Iron (Bisglycinate), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerine), Vitamin B12 (Methylcobalamin).

Suitable for vegetarians & vegans
KEEP AWAY FROM CHILDREN

PRODUCT INFORMATION

Typically per 2 tablets:

		%NRV*
Vitamin B12	250µg	10,000
Iron	20mg	142
L-Lysine HCl	1250mg	
providing: L-Lysine	1000mg	

*NRV = Nutrient Reference Value

Vegan Iron Complex contains iron and vitamin B12 which contributes to a reduction in tiredness and fatigue and the normal function of the immune system.

The amount of iron provided in this product may cause mild stomach upset in sensitive individuals however iron, as bisglycinate, is gentle on the tummy and B12 as methylcobalamin, is well absorbed. Combined with USP grade lysine, an amino acid most abundant in animal-based foodstuffs, making the perfect addition, especially for those following a vegetarian/vegan diet.

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

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