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STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

00335A

LAMBERTS®

THE PROFESSIONAL RANGE

Gentle, Non-acidic form

Vitamin C

as Calcium Ascorbate

Soluble fine crystalsFOOD SUPPLEMENT
250 grams**DIRECTIONS:**

Take 1 to 2 grams daily, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.



¼ teaspoon = 1 gram.

This non-acidic calcium ascorbate powder is most effectively absorbed when taken with food. The powder can easily be stirred into drinks, taken with water or sprinkled onto food.

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

INGREDIENTS:

Calcium Ascorbate (providing Vitamin C and Calcium).

-  Suitable for vegetarians
-  Suitable for vegans

NUTRITION INFORMATION

Typically per 1 gram:	%NRV*	
Vitamin C	897mg	1121
Calcium	103mg	13

*NRV = Nutrient Reference Value

A gentle non-acidic powdered form of Vitamin C that is suitable for those with delicate digestions. It is also ideal for those who find tablets difficult to swallow. Each gram provides 897mg of Vitamin C and 103mg of Calcium.

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

KEEP AWAY FROM CHILDREN

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

8106-250

Lamberts Healthcare Ltd, 1 Lamberts Road, Tunbridge Wells, Kent TN2 3EH. Tel: 01892 554312