

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

 Suitable for vegetarians.



STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

LL984-2

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

LAMBERTS®

THE PROFESSIONAL RANGE

FEMA45+™

For women during and
after the menopause

MULTI VITAMINS & MINERALS

Recommended by the
Natural Health Advisory Service (NHAS)

FOOD SUPPLEMENT
180 Tablets

8437-180

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

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: Calcium Carbonate, Magnesium (Citrate & Oxide), DiCalcium Phosphate, Cellulose, Vitamin C (Ascorbic Acid), Vitamin E (d alpha Tocopherol Acid Succinate), Tablet Coating (Colours: Titanium Oxide & Iron Oxides, Hydroxypropyl Methylcellulose), L-Selenomethionine, Zinc Citrate, Quercetin Dihydrate, Iron (Ferrous Fumarate), Crosslinked Cellulose Gum, Rutin, Niacin (Nicotinamide), Silicon Dioxide, Stearic Acid, Boron (Sodium Borate), Magnesium Stearate, Pantothenic Acid (Calcium Pantothenate), Manganese Sulphate, Vitamin B6 (Pyridoxine Hydrochloride), Thiamine Mononitrate, Vitamin D3, Para Amino Benzoic Acid, Choline Bitartrate, Inositol, Riboflavin, Copper Sulphate, Vitamin K1, Vitamin A Acetate, Chromium Chloride, Folic Acid, Potassium Iodide, Biotin, Vitamin B12 (Cyanocobalamin).

KEEP AWAY FROM CHILDREN

PRODUCT INFORMATION

Typically per two tablets: %NRV*

Vitamin A	60µg (200iu)	7.5
Vitamin D	10µg	200
Vitamin E	100mg (150iu)	833
Vitamin K	50µg	67
Vitamin C	120mg	150
Thiamin	4mg	364
Riboflavin	4mg	286
Niacin	18mg	112
Vitamin B6	8mg	571
Folic Acid	200µg	100
Vitamin B12	100µg	4000
Biotin	150µg	300
Pantothenic Acid	12mg	200
Calcium	200mg	25
Iron	7.5mg	54
Magnesium	150mg	40
Zinc	15mg	150
Copper	1.2mg	120
Manganese	4mg	200
Selenium	200µg	364
Iodine	150µg	100
Chromium	100µg	250
Choline Bitartrate	5mg	
Inositol	5mg	
Quercetin	25mg	
Rutin	20mg	
Para Amino Benzoic Acid	5mg	
Boron	2mg	

*NRV = Nutrient Reference Value

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