

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

- Suitable for vegetarians
- Suitable for vegans

**KEEP AWAY FROM CHILDREN**



LL686-7

STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

# LAMBERTS®

## THE PROFESSIONAL RANGE

# Multi-Guard®

High Potency  
one-a-day

multivitamin & mineral  
formula for all adults  
with **Plant Antioxidants**



FOOD SUPPLEMENT  
**90 Tablets**

**8442-90**

**DIRECTIONS:** Take 1 tablet 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:** DiCalcium Phosphate, Calcium Carbonate, Cellulose, Vitamin C (Ascorbic Acid), Vitamin E (dl-alpha Tocopherol Acetate), Magnesium Oxide, Tablet Coating (Hydroxypropyl Methylcellulose, Cellulose, Colours: Titanium Dioxide & Iron Oxide), OPAC Blend™ (Green Tea, Grape Seed & Rosemary Extracts), Zinc Citrate, Iron (Ferrous Fumarate), Thiamine Mononitrate, Crosslinked Cellulose Gum, Nicacin (Nicotinamide), Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Pantothenic Acid (Calcium Pantothenate), Riboflavin, Inositol, Rutin, Choline Bitartrate, Stearic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Para Amino Benzoic Acid, Vitamin A Acetate\*\*, Acacia, Vitamin D3\*\*\*, Copper Sulphate, Vitamin B12 (Cyanocobalamin), Selenium L-Selenomethionine & Sodium Selenite), Manganese Citrate, Vitamin K1, Chromium Chloride, Folic Acid, Sodium Molybdate, Potassium Iodide, Biotin.

\*Provides 625 OPAC super-antioxidant units

\*\*With antioxidant dl-alpha Tocopherol

\*\*\*With antioxidant d-alpha Tocopherol

### PRODUCT INFORMATION

Typically per tablet:	%NRV†	
Vitamin A	800µg	100
Vitamin D	10µg	200
Vitamin E	48mg	400
Vitamin K	75µg	100
Vitamin C	160mg	200
Thiamin	25mg	2273
Riboflavin	25mg	1786
Niacin	32mg	200
Vitamin B6	10mg	714
Folic Acid	400µg	200
Vitamin B12	25µg	1000
Biotin	150µg	300
Pantothenic Acid	24mg	400
Calcium	100mg	13
Magnesium	50mg	13
Iron	14mg	100
Zinc	15mg	150
Copper	1mg	100
Manganese	0.5mg	25
Selenium	200µg	364
Chromium	200µg	500
Molybdenum	200µg	400
Iodine	150µg	100
OPAC Blend	50mg	
Choline Bitartrate	25mg	
Inositol	25mg	
Rutin	25mg	
PABA	10mg	

†NRV = Nutrient Reference Value

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

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