

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

Food supplements should not be a substitute for a varied diet.

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

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

\*with antioxidant dl-alpha Tocopherol.

**KEEP AWAY FROM CHILDREN**

**Lamberts Healthcare Ltd**

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**LAMBERTS®**

**THE PROFESSIONAL RANGE**

Premtesse® is a unique high strength multi-nutrient formula especially developed for women of menstruating age.

This advanced formula has all the most important micronutrients well represented. It contains 20 nutrients, including vitamin B6 that is known to be of help with the monthly cycle. An impressive 400mg of magnesium per daily recommended intake since the effects appear to be dependant on the level of magnesium used and 400mg per day seems to be the ideal level. In addition chromium is incorporated for helping to avoid sugar cravings, zinc and vitamin C for the immune system, and iron to replace the monthly loss.

Premtesse® can be used alongside other food supplements such as Evening Primrose oil and Starflower (Borage) oil.

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**PRODUCT INFORMATION**

Typically per 2 tablets:		%RDA*
Vitamin A	700µg	88
Vitamin D	10µg	200
Vitamin E	10mg	83
Vitamin K	75µg	100
Vitamin C	80mg	100
Thiamin	10mg	909
Riboflavin	10mg	714
Niacin	16mg	100
Vitamin B6	50mg	3571
Folic Acid	400µg	200
Vitamin B12	2µg	80
Pantothenic Acid	10mg	167
Calcium	100mg	13
Magnesium	400mg	107
Iron	15mg	107
Zinc	15mg	150
Copper	0.5mg	50
Selenium	110µg	200
Chromium	200µg	500
Iodine	150µg	100

\*RDA = Recommended Daily Allowance

Long term intake of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Premtesse®**  
for *women*

**LAMBERTS®**

**THE PROFESSIONAL RANGE**

**High Strength  
Multivitamins  
and minerals**

**With vitamin B6,  
magnesium and  
chromium**

**8439-60**

**FOOD SUPPLEMENT  
60 tablets**

