



STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

LL715-4

**LAMBERTS®**

**THE PROFESSIONAL RANGE**

Time Release Formulation

# Vitamin C - Time 1000mg

with Bioflavonoids  
and Rose Hips

FOOD SUPPLEMENT  
**60 Tablets**

**DIRECTIONS:** Take 1 tablet every 6 hours, up to a maximum of 2 per day, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

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

Our daily requirement for vitamin C is higher than for any other water-soluble vitamin. Ideally, vitamin C needs to be taken in small amounts throughout the day and night because it is rapidly lost from the body. However, this is not always convenient which is why Lamberts® have formulated Time Release Vitamin C tablets (the vitamin C is gradually released over 6 hours) making the product longer acting.

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

**KEEP AWAY FROM CHILDREN**

## PRODUCT INFORMATION

Typically per tablet:	%NRV*
Vitamin C	1000mg 1250
Rose Hip Powder	50mg
Citrus Bioflavonoid Complex	50mg

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Vitamin C (Ascorbic Acid), Hydroxypropyl Methylcellulose, DiCalcium Phosphate, Citrus Bioflavonoid Complex, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Microcrystalline Cellulose, Stearic Acid, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Rose Hip Powder.

Ⓥ Suitable for vegetarians

Ⓥ Suitable for vegans

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

**8134-60**

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