



Suitable for vegetarians

KEEP AWAY FROM CHILDREN



MADE IN THE UK

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STORE IN A COOL DRY PLACE

BBE:

BN:

LK69-2

**MULTI-GUARD®**

**LAMBERTS®**  
**MULTI-VITAMINS & MINERALS**



*Green Tea Extract  
and Quercetin*

**SPORT**  
**PERFORMANCE**

**60 TABLETS**  
**FOOD SUPPLEMENT**  
**7023-60**

**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 replace a balanced diet and healthy lifestyle.

**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** Magnesium Oxide, Cellulose, Calcium Carbonate, Vitamin C (Ascorbic Acid), Vitamin E (dl-alpha Tocopherol Acetate), Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides, Glycerin), Green Tea Extract, Zinc Citrate, Riboflavin, Manganese Gluconate, Niacin (Nicotinamide), Rutin, Citrus Bioflavonoids, Crosslinked Cellulose Gum, Quercetin Dihydrate, Iron (Ferrous Fumarate), Silicon Dioxide, Stearic Acid, Calcium Pantothenate (Pantothenic Acid), Magnesium Stearate, Choline Bitartrate, Grape Seed Extract, Vitamin A Acetate, Vitamin D3, Copper Gluconate, Para amino benzoic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Inositol, Thiamine Mononitrate, Chromium Picolinate, Vitamin K1, Folic Acid, Sodium Selenite, Potassium Iodide, Biotin, Vitamin B12 (Cyanocobalamin).

**PRODUCT INFORMATION**

Typically per 2 tablets:	%NRV*
Vitamin A	800µg 100
Vitamin D	15µg 300
Vitamin E	36mg 300
Vitamin K	75µg 100
Vitamin C	200mg 250
Thiamin	3.3mg 300
Riboflavin	4.2mg 300
Niacin	32mg 200
Vitamin B6	4.2mg 300
Folic Acid	500µg 250
Vitamin B12	7.5µg 300
Biotin	150µg 300
Pantothenic Acid	18mg 300
Calcium	100mg 12.5
Magnesium	376mg 100
Iron	7mg 50
Zinc	15mg 150
Copper	1mg 100
Manganese	4mg 200
Selenium	200µg 364
Chromium	200µg 500
Iodine	150µg 100
Choline Bitartrate	5mg
Inositol	5mg
Para amino benzoic Acid	7mg
Rutin	30mg
Citrus Bioflavonoids	30mg
Green Tea Extract	50mg
Grape Seed Extract	10mg
Quercetin	25mg

\*NRV = Nutrient Reference Value