

LAMBERTS® THE PROFESSIONAL RANGE

Hypoallergenic Formulation

Vitamin B-50 Complex

Winning formula in independent analysis

FOOD SUPPLEMENT
250 tablets

DIRECTIONS: Take 1 tablet 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.

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

INGREDIENTS: Cellulose, Thiamine Mononitrate, Vitamin B6 (Pyridoxine HCI), Pantothenic Acid (Calcium Pantothenate), Inositol, Riboflavin, Niacin (Nicotinamide), Choline Bitartrate, Hydroxypropyl Methylcellulose, Stearic Acid, Para Amino Benzoic Acid, Silicon Dioxide, Magnesium Stearate, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Folic Acid, Vitamin B12 (Cyanocobalamin), Biotin.

V Suitable for vegetarians.

Typically per tablet:

%RDA*

PRODUCT INFORMATION

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Thiamin	50mg	4545
Riboflavin	50mg	3571
Niacin	50mg	313
Vitamin B6	50mg	3571
Folic Acid	400µg	200
Vitamin B12	50µg	2000
Biotin	50µg	100
Pantothenic Acid	50mg	833
Inositol	50mg	
Choline Bitartrate	50mg	
PABA	15mg	
*RDA = Recommended Daily Allowance		

KEEP AWAY FROM CHILDREN