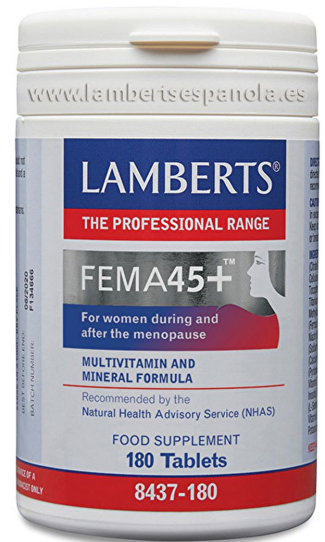


## Fema 45+ 180 Tablets

EAN: 5055148404925

FABRICANTE: LAMBERTS



*Lamberts Fema 45+ is a unique vitamin and mineral complex specially formulated for women during and after menopause.*

### DESCRIPTION

In FEMA 45+ you will find an exceptional multivitamin and mineral complex for women during and after menopause.

Our vitamin complex provides 28 nutrients in significant amounts, including trace minerals and abundant antioxidants.

In line with current recommendations for good bone health, it contains adequate levels of magnesium and calcium, along with vitamins D and K. It also provides excellent concentrations of vitamin E for its role in protecting cells from oxidative damage.

Calcium and vitamin D contribute to reducing bone demineralization in postmenopausal women, and low bone mineral density is a risk factor for osteoporotic bone fractures in women aged 50 years and older.

FEMA 45+ includes significant amounts of B vitamins, mainly B12, plus 150 mg of the mineral magnesium, known for its role in obtaining energy and for helping to reduce tiredness and fatigue.

Unlike other multinutrients, this product provides the bioflavonoids quercetin and rutin. Quercetin belongs to a class of water-soluble plant pigments that can be found in onions, apples, and green and black tea. It is actually the most researched bioflavonoid used in human clinical trials, showing potential health benefits. In addition to its antioxidant properties, it is also involved in inhibiting the production and release of histamines.

Flavonoids also have the ability to neutralize free radicals, converting them into less reactive compounds, which reduces their potential to damage cells. They also support vitamin C in its role in maintaining collagen and cartilage.

It is an excellent product that provides all the important nutrients for this stage of a woman's life.

**Pink coated oval tablet.**

**Two tablets provide:**

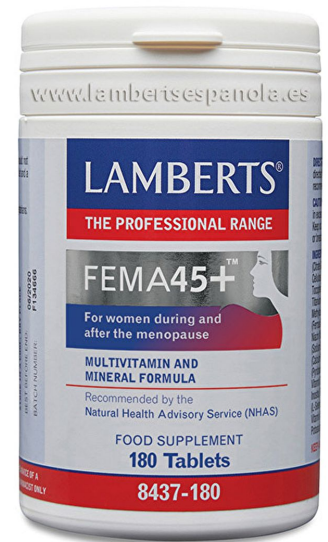
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Vitamin A	60µg (200IU)	Iron	7.5 mg
Vitamin D (D3)	10 µg	Magnesium	150 mg
Vitamin E	100 mg (150 IU)	Zinc	15 mg
Vitamin K	50 µg	Copper	1.2 mg
Vitamin C	120 mg	Manganese	4 mg
Thiamine (B1)	4 mg	Selenium	200 µg
Riboflavin (B2)	4 mg	Iodine	150 µg
Niacin (B3)	18 mg	Chrome	100 µg
Vitamin B6	8 mg	Choline Bitartrate	5 mg
Folic Acid	200 µg	Inositol	5 mg
Vitamin B12	100 µg	Quercetin	25 mg
Biotin	150 µg	Routine	20 mg
Pantothenic Acid (B5)	12 mg	Para Amino Benzoic Acid	5 mg
Calcium	200 mg	Boron	2 mg

### Suitable for vegetarians.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

This product is not recommended for pregnant or breastfeeding women.

A dark yellow color of the urine is normal. This is harmless and indicates that the body is using Vitamin B2 (Riboflavin) effectively. This product contains iron, which if taken in excess, can be harmful to very young children.

Prolonged intake of this amount of vitamin B6 can cause slight tingling and numbness.

### Instructions for use

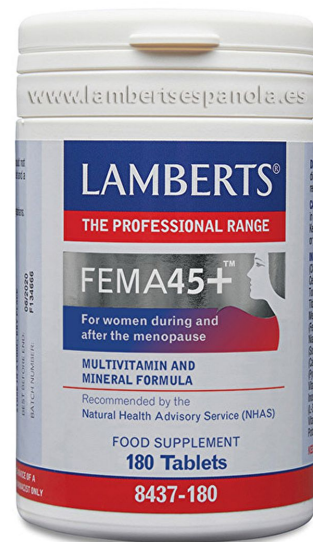
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## Fema 45+ 180 Tablets

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Take 2 tablets daily with a meal.  
Do not exceed the expressly recommended daily dose.

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