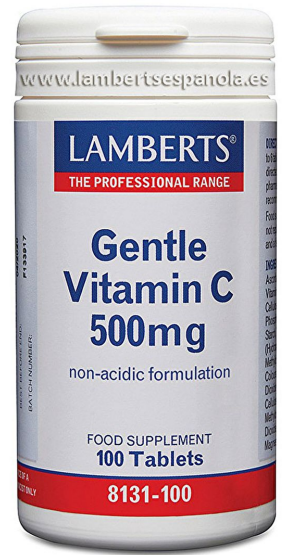


Gentle Vitamin C 100 Tablets

EAN: 5055148401238

FABRICANTE: LAMBERTS



Vitamin C 500 mg in gentle, non-acidic form. Ideal for sensitive stomachs. Helps reduce tiredness and fatigue.

DESCRIPTION

Vitamin C is important because:

- It contributes to the normal functioning of the immune system and nervous system.
- It contributes to the normal formation of collagen for the normal functioning of blood vessels, cartilage, bones, gums, teeth and skin.
- It promotes energy metabolism and improves iron absorption.
- It contributes to normal psychological function and to the protection of cells from oxidative damage.
- It helps reduce tiredness and fatigue, and regenerates the reduced form of vitamin E.

This product provides vitamin C in the form of calcium ascorbate, a non-acidic compound that is believed to be gentler on the stomach than ascorbic acid, which is quite acidic in solution. This is only a problem for people with sensitive stomachs, but anyone taking large amounts of vitamin C may experience digestive upset, in which case it may be highly recommended that they try our Gentle Vitamin C.

Up to 3g of vitamin C can be taken using this product (6 tablets). If this amount is consumed, we recommend taking the tablets spread out over the day. Each tablet also provides 77mg of calcium, which can be a valuable contribution to an individual's calcium intake, particularly if several tablets are being taken per day.

Non-acidic formula.

A light yellow, oval coated tablet.

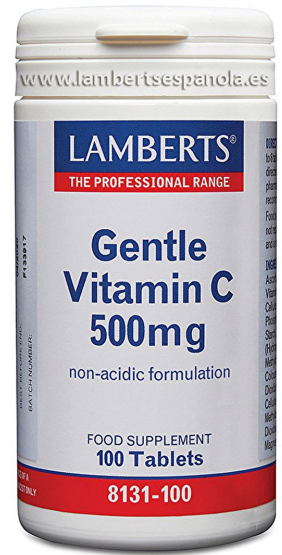
Each tablet provides:

Vitamin C	500 mg
Calcium	77 mg



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Suitable for vegetarians and vegans and free of lactose and gelatin.

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

More than 1000 mg of vitamin C may cause mild stomach upset in sensitive individuals.

Instructions for use

Take 1 to 4 tablets daily.

Do not exceed the expressly recommended daily dose.

