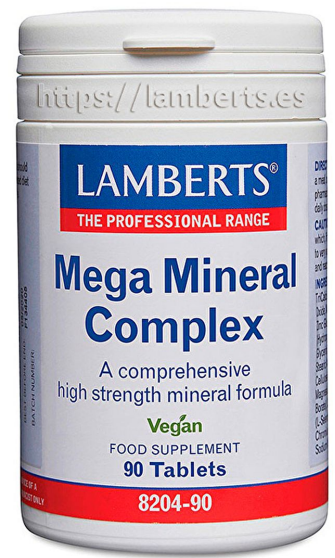


## Mega Mineral Complex 90 Tablets

EAN: 5055148400514    FABRICANTE: LAMBERTS



*A broad spectrum, high absorption Mega Mineral Complex. Can be used when vitamins are taken separately in a supplementation regimen. When combined with one of LAMBERTS® high potency multivitamin formulas, such as Multi Max®, a truly potent supplementation regimen can be created.*

### DESCRIPTION

Minerals are inorganic substances that cannot be synthesized in the body and therefore must be supplied through the diet. They actively participate in regulating a wide range of physiological functions, such as the transport of oxygen to the cells and the maintenance of the central nervous system. They are also necessary for the growth, maintenance, repair and well-being of bones and tissues. They also help with normal energy metabolism and reduce tiredness and fatigue.

This product is probably one of the most complete high potency mineral formulas available on the market.

LAMBERTS® Mega Mineral Complex supplies minerals in highly absorbable forms and its high levels of calcium and magnesium mean it can be used as a bone health formula. It is manufactured in the UK under GMP manufacturing standards.

Importance of its nutrients:

Calcium:

- It is necessary for maintaining normal bones and teeth.
- It contributes to the normal functioning of muscles, digestive enzymes and neurotransmission.
- It contributes to normal energy metabolism and to the process of cell division and differentiation.
- It helps reduce bone demineralization in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures. This benefit is achieved with a daily dose of at least 1200 mg in women aged 50 years or older.

Manganese:

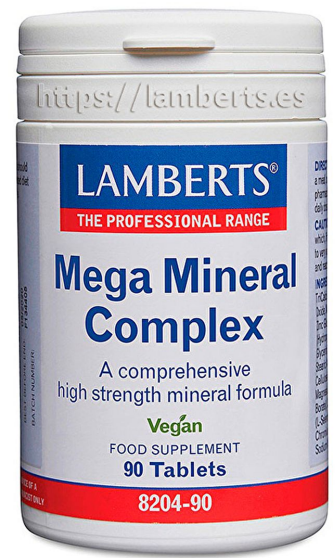
- It contributes to normal energy metabolism and to the maintenance of bones in normal conditions.
- It contributes to the normal formation of connective tissue and the protection of cells from oxidative damage.

Phosphorus:



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- It contributes to normal energy metabolism and the normal functioning of cell membranes.
- It contributes to the maintenance of bones and teeth in normal conditions.

### Selenium:

- It contributes to normal spermatogenesis and the protection of cells against oxidative damage.
- It contributes to the maintenance of hair and nails in normal conditions.
- Contributes to normal thyroid and immune system function.

### Magnesium:

- Helps reduce tiredness and fatigue.
- It contributes to electrolyte balance, normal energy metabolism and the cell division process.
- It contributes to the normal functioning of the nervous system and muscles.
- It contributes to the maintenance of bones and teeth in normal conditions.
- Contributes to normal psychological function and normal protein synthesis.

### Chrome:

- Contributes to normal macronutrient metabolism.
- It contributes to maintaining normal blood glucose levels.

### Iron:

- It contributes to normal cognitive function and normal energy metabolism.
- It contributes to the normal formation of red blood cells and hemoglobin.
- It contributes to normal oxygen transport and the process of cell division.
- It contributes to the normal functioning of the immune system and helps reduce tiredness and fatigue.

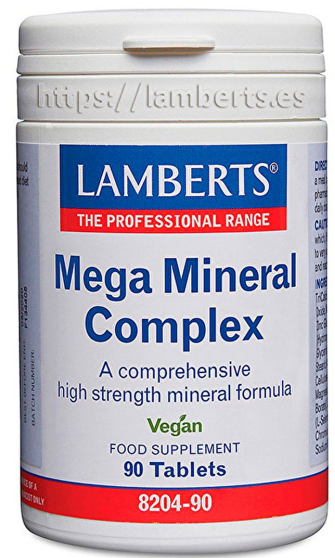
### Zinc:

- It contributes to the normal metabolism of macronutrients, fatty acids, carbohydrates and vitamin A.
- It contributes to normal acid-base balance and normal protein and DNA synthesis.
- It contributes to normal fertility and reproduction, to the protection of cells against oxidative damage and to the process of cell division.
- Contributes to the maintenance of normal testosterone levels.



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- Contributes to the normal functioning of the immune system.
- It contributes to the maintenance of bones, teeth, hair, skin, vision and nails in normal conditions.

Iodine:

- It contributes to normal cognitive function and normal energy metabolism.
- It contributes to the normal functioning of the nervous system.
- Contributes to maintaining the skin in normal conditions.
- Contributes to the normal production of thyroid hormones and normal thyroid function.

Boron: Facilitates the use of Calcium and Magnesium.

Minerals regulate a wide range of physiological functions.

**Oval tablet with clear glossy coating with beige specks.**

**Two tablets provide:**

Calcium (as Carbonate)	1000 mg	Manganese (as Gluconate)	4 mg
Phosphorus (as Tricalcium Phosphate)	200 mg	Selenium (as L-Selenomethionine)	200 µg
Magnesium (as Oxide)	376 mg	Chromium (as Picolinate)	100 µg
Iron (as Ferrous Fumarate)	14 mg	Molybdenum (as Sodium Molybdate)	5 µg
Zinc (as Gluconate)	15 mg	Iodine (as Potassium Iodide)	140 µg
Copper (as Gluconate)	1 mg	Boron (as Sodium Borate)	2 mg

**Tableted / Encapsulated with:**

See product label.

**Disintegration time:**

Less than 1 hour.

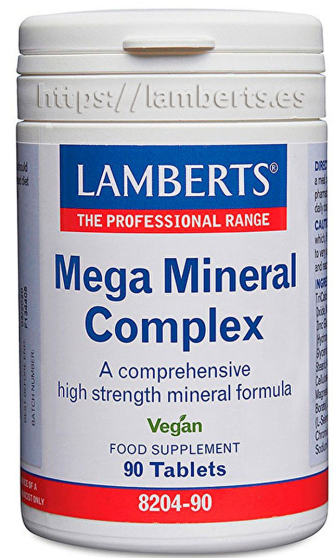
**Suitable for vegetarians and vegans and free of lactose and gelatin.**

**allergen ote**



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See the presentation section for ingredients listed in bold.

The following list of allergens is excluded: ingredients containing wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, yeast and gluten.

### Precautions

This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

More than 250 mg of magnesium may cause stomach upset. Reducing or dividing the dose throughout the day may help.

### Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

### Instructions for use:

- Take 2 tablets daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 45 days.

