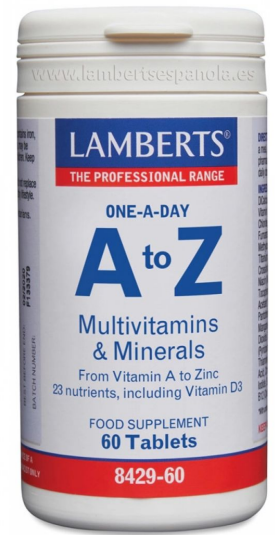


Multivitamins and Minerals A To Z 60 Tablets

EAN: 5055148412135 FABRICANTE: LAMBERTS



One-a-Day Multivitamin Complex. With various Vitamins and Minerals at 100% of the NRV.

DESCRIPTION

LAMBERTS® AZ Multi is a One-A-Day multivitamin that provides all the key micronutrients, several at 100% of the NRV. Vitamin D3 is included at twice the NRV, the level that is increasingly recommended.

Vitamins are a group of organic nutrients that are essential for regulating chemical processes in the body. Generally, the body cannot synthesize them, so they must be obtained through food or in the form of food supplements.

There are two main groups of vitamins: fat-soluble vitamins, such as vitamins A, D and E, which can be dissolved in fat and stored in the body, and water-soluble vitamins, such as vitamins B and C, which are soluble in water and cannot be stored by the body. Therefore, water-soluble vitamins need to be replenished daily. B vitamins, for example, are necessary for the release of energy from food, and although they differ chemically from one another, their behaviour in the body is closely related.

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.

Calcium and Vitamin D contribute to reducing bone demineralization in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures in women over 50 years of age.

To ensure proper levels of two vital bone nutrients (calcium and magnesium), healthcare professionals often recommend, along with our AZ Multi multivitamin and mineral complex, LAMBERTS® Osteoguard® (8226-60) and also an Omega 3 supplement, such as Pure Fish Oil 1100mg (8508-60).

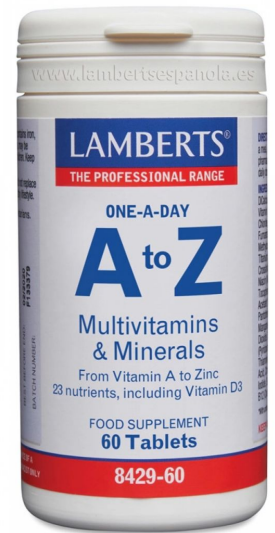
Pale yellow oval coated tablet.

Each tablet provides:



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Vitamin A	800 µg (2664iu)	Vitamin D (D3)	10 µg (400iu)
Vitamin E	12 mg (15 iu)	Vitamin K	75 µg
Vitamin C	80 mg	Thiamine (Vitamin B1)	2.2 mg
Riboflavin (Vitamin B2)	2.8 mg	Niacin (Vitamin B3)	32 mg
Pyridoxine (Vitamin B6)	2.8 mg	Folic Acid	200 µg
Vitamin B12	5 µg	Biotin	100 µg
Pantothenic acid (Vit B5)	12 mg	Calcium (as carbonate)	200 mg
Magnesium (as oxide)	100 mg	Iron (as Ferrous Fumarate)	14 mg
Zinc (as oxide)	15 mg	Copper (as sulfate)	1 mg
Manganese (as sulfate)	0.3 mg	Selenium (as selenite)	55 µg
Chromium (as chloride)	50 µg	Iodine (as potassium iodide)	150 µg
Silicon (as dioxide)	2 mg		

Disintegration time:

Less than 1 hour.

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 contains iron, which, if taken in excess, may be harmful to very young children.

Instructions for use

Take 1 tablet daily with a meal.

