

Premtesse Woman 60 Tablets

EAN: 5055148412180

FABRICANTE: LAMBERTS



Premtesse® Multivitamin for women of menstrual age. Advanced formula with 21 nutrients to support this stage of a woman's life.

DESCRIPTION

Premtesse by LAMBERTS® is a multi-nutrient formula, specially developed to support the well-being of women of menstrual age.

This advanced formulation contains all the most important nutrients for this important stage.

It provides 21 nutrients, including vitamin B6, known to be useful for women during this period.

It provides 250 mg of magnesium per daily dose (a level that is unusual in multivitamins), and is known for its multiple functions, including its contribution to reducing tiredness and fatigue.

In addition, we have incorporated the mineral chromium to help maintain blood glucose levels, reducing cravings for sweets.

Zinc and vitamin C are also present to support the immune system, as well as the mineral iron to replace monthly losses.

The well-known and very frequent premenstrual syndrome (PMS) and irregularities in the menstrual cycle are common among women of childbearing age, bothering 70% of them to a moderate degree at some point in their lives.

Complaints vary from woman to woman and from cycle to cycle, and although individual nutrient needs are different, certain conditions such as PMS are known to have common micronutrient requirements.

The good news is that research has shown that a healthy lifestyle, proper nutrient supplementation and some dietary changes can significantly reduce PMS symptoms by 96%.

Unfortunately, women of childbearing age do not always get adequate levels of vitamins and minerals through food, especially some minerals such as magnesium and trace minerals, which are important at this age.

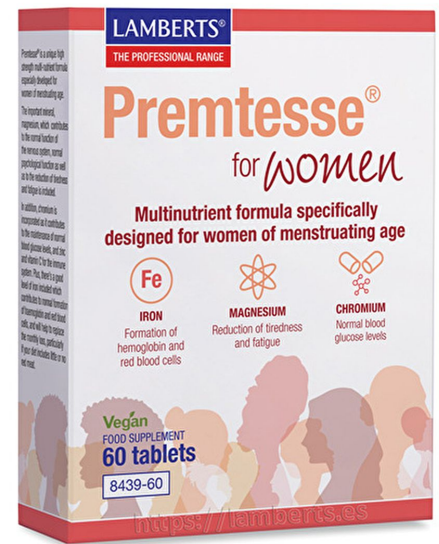
Premtesse® is suitable for all women of menstrual age and particularly for those who are concerned about



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pre-menstrual symptoms and irregularities during the menstrual cycle.

Should I take other vitamin and mineral supplements along with Premtesse ® ?

No other multivitamin or mineral supplements should be taken when using this product as Premtesse ® provides the required daily intake, unless recommended by your healthcare professional.

Due to the dosage and balance of nutrients present in this food supplement, this product provides the following nutritional benefits:

- Vitamin B6 helps regulate hormonal activity, normal red blood cell formation, and more.
- It reduces tiredness and fatigue due to its content of vitamins B, C, D, K and magnesium.
- Biotin contributes to the maintenance of normal hair and skin, among other things.
- It supports the normal function of the immune, nervous and psychological systems due to its contribution of vitamins A, B, C, D, iodine, copper, selenium and magnesium.
- It helps maintain normal blood glucose levels due to its chromium content.
- The vitamins D and K present participate in the maintenance of bones and, in particular, vitamin K contributes to blood clotting.
- The iron content is useful for replacing menstrual losses.
- It contributes to intellectual performance and normal cognitive function due to its content of pantothenic acid, iodine and zinc.
- It contributes to the protection of cells against oxidative damage due to its content of vitamins A, B, C, D, E, magnesium, copper, zinc and selenium.
- It contributes to the normal state of bones, gums and teeth due to its content of vitamins B, C, D, K and magnesium.
- It helps maintain hair, skin, nails and vision due to its content of vitamins A, B, C, iodine and zinc.
- With 250 mg of magnesium/day, a mineral that is not present in significant doses in other multis.
- Small, easy-to-swallow tablets.
- Free from: wheat, gluten, barley, soy, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Pink coated oval tablet.

Two tablets provide:



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Vitamin A	700 µg RE	Vitamin D (D3)	10 µg
Vitamin E	10 mg α-TE	Vitamin K (K1)	75 µg
Vitamin C	80 mg	Thiamine (B1)	10 mg
Riboflavin (B2)	10 mg	Niacin (B3)	16 mg NE
Vitamin B6 (as P5P)	10 mg	Folic Acid and Calcium L-Methylfolate	400 µg
Vitamin B12	100 µg	Biotin	150 µg
Pantothenic Acid (B5)	10 mg	Calcium	164 mg
Magnesium	250 mg	Iron	15 mg
Zinc	15 mg	Copper	500 µg
Selenium	110 µg	Chromium	200 µg
Iodine	150 µg		

Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans.

Allergen Note

None known.

Precautions

This product is not recommended for pregnant or breastfeeding women.

This product contains iron, which if taken in excess may be harmful to very young children. Keep out of their sight and reach. Prolonged intake of this amount of vitamin B6 may cause slight tingling and numbness.

If you are taking anticoagulants (blood thinners) do not take this product except under doctor's direction.

A dark yellow color of the urine is normal. This is harmless and indicates that the body is using vitamin B2





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(Riboflavin) effectively.


Instructions for use

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

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241218
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<https://bio-farma.es> - info@bio-farma.es

C/ Vermell, 20 3r 3a - 17252
St. Antoni de Calonge (Girona) Spain

 +34 696 79 77 77

