

Vitamin C 500mg with Bioflavonoids 250 Tabs

EAN: 5055148400729 FABRICANTE: LAMBERTS



With Bioflavonoids and Rosehip. Reduces tiredness, fatigue and more. Vitamin C was discovered in 1932, being the subject of the first controlled nutritional experiment in the documented history of medicine.

DESCRIPTION

It is known to be involved in at least 300 biochemical processes in the body. This vitamin is water-soluble and since humans are unable to produce it, it is necessary to ingest it daily.

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.

LAMBERTS® Vitamin C 500mg tablets provide adequate levels of vitamin C for those who have a dietary deficiency of this nutrient. These tablets also contain a relevant level of bioflavonoids, known to facilitate the absorption of vitamin C and have specific effects on strengthening capillary vessels. These bioflavonoids include rutin, quercetin, citrin and hesperidin.

For optimal results, vitamin C should be taken in small amounts throughout the day and night, as it is rapidly eliminated from the body. However, this is not always possible, which is why we have formulated sustained-release vitamin C tablets.

These tablets are produced through a special process, which retains the nutrient in spherical microcapsules, allowing for a slow release of the same once ingested. This means that the absorption of vitamin C is a continuous process, as the release is gradual, over 6-8 hours.


Sustained Release Formula.

Oval tablet with clear coating with beige speckles.

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Each tablet provides:

Vitamin C (as ascorbic acid)	500 mg
Citrus Bioflavonoid Complex	50 mg
Hip (as a 4:1 extract)	25 mg

These sustained-release tablets have been formulated to release their contents gradually over a period of more than 6 hours.

Allergen note

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

Contains Citrus.

Precautions

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

Instructions for use:

- Take 1 daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 125 days.

