

A- Z Multi

Ideal for teenagers

Presentation

A pale yellow oval coated tablet.

Each tablet delivers:

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

Tableted with:

Calcium Carbonate, DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Colours: Titanium Dioxide & Iron Oxides), Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8429



Uses

Lamberts® A-Z Multi is a one-a-day formula providing all of the most important micronutrients, many at 100% NRV. It is a useful 'maintenance' level supplement that is suitable for those 13 years and upwards.

Whilst our formula is almost identical to most other A-Z preparations on the market, it is significantly lower in price.

To ensure adequate levels of the two vital bone-making nutrients calcium and magnesium are obtained, practitioners frequently recommend Osteoguard® alongside our A-Z Multi.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

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

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

