

Vitamin C 1000mg

with Citrus Bioflavonoids and Rose Hips

Presentation

A beige speckled clear coated oval tablet.

Each tablet delivers:

Vitamin C (as ascorbic acid)	1000mg
Rose Hip	100mg
Citrus Bioflavonoid Complex	50mg

Tableted with:

Microcrystalline Cellulose, Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Stearic Acid, Tablet Coating (Hydroxypropyl Methylcellulose & Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 180

type
tablets

code
8133



Uses

Vitamin C contributes to normal collagen formation for the regular function of cartilage, the tough tissue that lines the surfaces of joints. Vitamin C also contributes to the normal function of the immune system and to the protection of cells from oxidative stress caused by 'free radicals'.

Vitamin C, being one of the fragile water-soluble nutrients, is highly unstable and easily destroyed by heat and light, and it is not always possible to be sure how much is taken in the diet. Our daily requirement for it is higher than for any other water-soluble vitamin.

Lamberts® Vitamin C 1000mg tablets are one of our most popular forms of vitamin C, and provide adequate levels for those who have a dietary insufficiency of this nutrient. These tablets also contain a relevant level of bioflavonoids because they are known to aid vitamin C absorption. Bioflavonoids have also been demonstrated to have specific effects including a strengthening effect on the capillaries. Individual bioflavonoids include rutin, quercetin, citrin and hesperidin. Our formula also includes a full 100mg of Rose hips.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

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

Storage instructions

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

Legal category

Food supplement.

