

L-Glutamine 500mg & Powder

(Free-form)

L-Glutamine Powder

Presentation

Soluble fine white powder.

Nutrition Information:

	Per 5g serving
L-Glutamine	5g
Calories	20kcal

Suitable for vegetarians  and vegans 



quantity
500g

type
powder

code
8309

L-Glutamine 500mg

Presentation

A cream powder in a clear hard shell capsule.

Each capsule delivers:

L-Glutamine	500mg
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Encapsulated with:

Capsule shell (Hydroxypropyl Methylcellulose), Bulking Agent (Rice Flour), Anti-Caking Agent (Magnesium Stearate), Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  and vegans 



quantity
90

type
capsules

code
8310

Uses

Glutamine is particularly important for the health of the gut with the cells of the gut lining obtaining much of their growth material through utilising glutamine as a fuel. This is why, out of the 20 amino acids, glutamine, is often referred to as the 'gut restorer' amongst practitioners and is frequently recommended when the integrity

Usage and administration

L-Glutamine Powder

Take 5g (1 heaped teaspoon) mixed into water or fruit juice.

L-Glutamine 500mg

1 to 6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (See page 194).

Cautions

These products are not recommended for children, pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.

of the gut wall is compromised, as is often the case in conditions caused by microflora imbalances and some chronic conditions associated with poor gut function.

It is also often used for sports recovery since large quantities of glutamine are stored in our muscles where it plays an important role in repairing and building new muscle. Heavy training can deplete our glutamine stores so a supplement may help speed recovery.

Lamberts® powdered L-Glutamine is an affordable way to supplement the diet with doses of 5g and over and the capsules provide a convenient way to take this amino acid when out and about.

L-Glutathione Complex

(Reduced form L-Glutathione)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Glutamic Acid	194mg
L-Cysteine	158mg
Glycine	98mg
L-Glutathione	50mg

Encapsulated with:

Cellulose, Capsule Shell (Gelatin), Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8311



Uses

L-Glutathione is a tripeptide containing glutamic acid, cysteine and glycine. It forms the enzyme glutathione peroxidase which is one of the body's most powerful antioxidants.

- Lamberts® Glutathione complex contains good levels of each amino acid as well as reduced glutathione to maximise absorption
- Essential for Phase II liver detoxification (glutathione-S-transferase)
- May support detoxification especially in individuals with a high toxic burden
- Involved in red and white blood cells formation.

Usage and administration

1 to 3 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Histidine HCl 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Histidine HCl (Hydrochloride) 500mg

Encapsulated with:

Capsule Shell (Gelatin), Anti-Caking Agent (Magnesium Stearate), Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
30

type
capsules

code
8313



Uses

Histidine is considered a non-essential amino acid for adults, however dietary sources of histidine probably account for most of the total found in the body. Histidine is used by the body to build proteins, and is also used as the precursor of the neurotransmitter, histamine, which is released by the body during allergic reactions.

- Used in the growth and repair of myelin sheath in nerve cells
- Used in the formation of red and white blood cells
- Can be converted to histamine so plays a role in allergic reactions and vasodilation – not recommended in allergy sufferers
- Can be used to increase gastric acidity instead of hydrochloric acid.

Usage and administration

1 to 6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Lysine 1000mg

(Free-form)

Presentation

A white oval clear coated tablet.

Each tablet delivers:

L-Lysine HCl (Hydrochloride)	1000mg
providing:	
L-Lysine	800mg

Tableted with:

DiCalcium Phosphate, Cellulose, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8316



Uses

Lysine is an essential amino acid. Practitioners frequently recommend this particular amino acid during an attack of cold sores since it appears to inhibit the replication of the Herpes Simplex (Type I) virus. As lysine is most abundant in animal based foodstuffs such as meat, low dietary intakes are frequently seen in vegetarians.

- Essential amino acid, often denatured by cooking
- Can be low levels in vegans and vegetarians
- Important role in collagen formation along side proline, glycine, vitamin C and copper
- Works antagonistically to arginine to inhibit viral replication
- Lysine increases the bioavailability of iron.

Usage and administration

1 to 2 tablets daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Theanine & Lemon Balm Complex

With Pantothenic Acid

Presentation

A yellow oval coated tablet.

Two tablets deliver:

Folic Acid	200µg
Pantothenic Acid (Vitamin B5)	6mg
Biotin	50µg
L-Theanine	200mg
Lemon Balm	6000mg
(provided by 600mg of a 10:1 extract)	

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8317



Uses

L-Theanine is a fascinating amino acid that is present in normal tea and is believed to be responsible for that unique 'nice cup of tea' feeling. It has been shown to raise levels of GABA and alpha waves in the brain and this can result in a calming effect without drowsiness. As a result, L-Theanine is widely recommended by practitioners for those during times of stress and anxiety.

Lemon balm has a long history of use in traditional herbal medicine, primarily as a sedative and relaxant, with recent studies also showing it to be useful for improving attention and memory.

Lamberts® Theanine & Lemon Balm Complex combines a full 200mg of L-Theanine alongside a significant 6000mg of lemon balm plus three relevant B vitamins. Folic acid and biotin are both included in view of the fact that they contribute to normal psychological functions and pantothenic acid as it contributes to normal mental performance.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



L-Methionine 500mg

(Free-form)

Presentation

A white/cream powder in a hard shell capsule.

Each capsule delivers:

L-Methionine 500mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8318



Uses

Methionine is an essential sulphur-containing amino acid which is converted in the body to cysteine, carnitine, glutathione, taurine and nucleic acids.

- Important amino acid in growth and repair of tissues, especially in cases of injury and trauma
- Can be used in detoxification but B vitamins should be given in conjunction
- Methionine is converted to S-Adenosyl-L-methionine (S-AdoMet) in the liver which is a powerful antioxidant
- Low levels of S-AdoMet have been linked to low mood.

Usage and administration

1 to 2 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Ornithine HCl 500mg

(Free-form)

Presentation

A white/cream powder in a hard shell capsule.

Each capsule delivers:

L-Ornithine HCl (Hydrochloride) 500mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Cellulose, Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8319



Uses

L-Ornithine can be made from arginine and so is a non-essential amino acid; however, it appears to play a key role in various bodily functions.

It is a key component in the urea cycle and so is important for liver and immune function. The urea cycle eliminates excess nitrogen from the body. Ammonia (NH₃) is a waste product of cellular metabolism, which becomes toxic if allowed to accumulate. L-Ornithine is a catalyst in the process that converts ammonia into urea, which can be eliminated through urine.

Ornithine also releases growth hormone so can aid skin healing and helps maintain the health of the immune system and the liver. It has similar properties to arginine since these two amino acids convert into one another in the body, as required.

Additionally, ornithine appears to promote fat metabolism, although there is limited data on this effect.

As with all our amino acids, Lamberts® L- Ornithine is presented in its free-form for maximum absorption. Each capsule provides a full 500mg of L- Ornithine.

Usage and administration

1 to 3 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Theanine 200mg

(Pure, Free-form)

Presentation

A white coated oval tablet.

Each tablet delivers:

L-Theanine 200mg

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Between 15 and 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8320



Uses

L-Theanine is an amino acid that is found in high levels in tea, and is believed to contribute to the relaxing effects of a cup of tea. L-Theanine has been shown to raise levels of GABA and alpha waves in the brain, and this can result in a calming effect without drowsiness.

- May be helpful at times of stress and anxiety, is safe and non habit forming
- Some studies are now showing a use for L-Theanine in immune health
- Alkylamines naturally present in L-Theanine may help encourage white blood cell activity
- This is a high strength one-a-day product
- Fast release tablet.

Lamberts® L-Theanine tablets are fast release, disintegrating between 15 and 30 minutes for speedy absorption. Unlike most supplements that need to be part of a regime for several weeks before any effect may be noted, with L-Theanine there is a quick response. To obtain a FREE 10 day trial, simply phone our Technical Advice line on 01892 554314 (no purchase necessary).

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Phenylalanine 500mg

(Free-form)

Presentation

A white/cream powder in a clear hard shell capsule.

Each capsule delivers:

L-Phenylalanine 500mg

Encapsulated with:

Capsule Shell (Gelatin), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8321



Uses

Phenylalanine is an essential amino acid so it can not be synthesised by the body and must therefore be obtained from food. In the body phenylalanine is converted in to another amino acid, tyrosine, which in turn is used by the body to produce the neurotransmitters called catecholamines which include adrenaline, noradrenaline and dopamine.

Phenylalanine occurs in two forms; L-Phenylalanine which is a natural amino acid found in proteins and D-Phenylalanine which can be produced in a laboratory but is not needed by the body as a nutrient.

Lamberts® L-Phenylalanine is presented in its free-form to help ensure optimal absorption.

- Precursor for the excitatory neurotransmitters – adrenaline, noradrenaline and dopamine
- These three neurotransmitters are important in alertness, memory and muscle co-ordination.

Usage and administration

1 capsule daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

L-PHENYLALANINE MUST NOT BE TAKEN BY PHENYLKETONURIA SUFFERERS (PKU).

L-Phenylalanine should not be used with MAO inhibitors (a type of anti-depressant medicine).

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Taurine 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

Taurine 500mg

Encapsulated with:

Rice Flour, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8325



Uses

Taurine is one of the lesser known sulphur amino acids, and can be synthesised by the body from cysteine as long as vitamin B6 is present. It plays a variety of roles in the normal functioning of the brain, heart, gallbladder, eyes and vascular system.

Taurine has many diverse biological functions, serving as a neurotransmitter in the brain, a stabiliser of cell membranes and a facilitator in the transport of ions such as sodium, potassium, calcium and magnesium. Taurine, after GABA, is the second most important inhibitory neurotransmitter in the brain. The amino acids alanine, glutamic acid and pantothenic acid inhibit taurine metabolism, while vitamins A and B6, zinc and manganese help to synthesise taurine. Cysteine and vitamin B6 are the nutrients most directly involved in taurine synthesis. The gallbladder utilises taurine for the formation of taurocholic acid, one of the two primary bile acids necessary for the breakdown of fats in the small intestine. Taurine is also involved with bilirubin and cholesterol excretion in bile.

- High alcohol intake increases losses
- Often low in vegans and vegetarians
- Is one of the main ingredient in popular energy drinks, although there is little scientific data to support this use.

Usage and administration

1 to 3 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



L-Tyrosine 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Tyrosine 500mg

Encapsulated with:

Capsule Shell (Gelatin), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8329



Uses

Tyrosine is an essential amino acid that is able to cross the blood-brain barrier. Once in the brain, it is a precursor for the neurotransmitters dopamine, norepinephrine and epinephrine better known as adrenalin. These neurotransmitters are an important part of the body's sympathetic nervous system.

- Tyrosine is the precursor for thyroxine, catecholamines and the major human pigment, melanin
- It plays a role in the function of the adrenal, pituitary and thyroid glands
- Tyrosine is not found in large quantities throughout the body because it is rapidly metabolised.

Usage and administration

1 to 4 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

L-Tyrosine should not be used with MAO inhibitors (a type of anti-depressant medicine).

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



BCAA - Branch Chain Amino Acids

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Leucine	250mg
L-Isoleucine	125mg
L-Valine	125mg

Encapsulated with:

Bulking Agent (Rice Flour), Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
180

type
capsules

code
8332



Uses

This product supplies three essential amino acids, Leucine, Isoleucine and Valine, combined in a 2:1:1 ratio which is thought to be the optimal ratio for these three amino acids. As with our other amino acids they are presented in their 'free-form' which means they are ready to be absorbed and used by the body.

The BCAAs are present in high protein foods such as meat and dairy products. There is much interest amongst sports therapists in the BCAAs, since they are the only amino acids actually metabolised in the muscle. Indeed they make up approximately 33% of muscle protein and hence are a popular supplement for people undertaking high intensity sport or resistance training.

Usage and administration

6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Pea Protein

Easy to digest, easy to absorb

Presentation A cream powder.

Pea Protein isolate:

	Per 100g	Per 20g serving
Energy	1579kJ/378kcal	315.8kJ/75.6kcal
Protein	80.0g	16g
Carbohydrates	2g	0.4g
of which Sugars	0g	0g
Fat	5.5g	1.1g
of which Saturates	1.2g	0.24g
Salt	2.20g	0.44g
Phosphorous	1,127mg (161%NRV*)	225.4mg (32.2% NRV*)
Iron	29mg (207% NRV*)	5.8mg (41.4% NRV*)

*NRV = Nutrient Reference Value

On average a 20g serving provides the following amino acids:

Alanine	0.66g	Histidine	0.3g	Proline	0.54g
Arginine	1.24g	Isoleucine	0.76g	Serine	1.3g
Aspartic Acid	1.72g	Leucine	1.32g	Threonine	0.54g
Cysteine	0.2g	Lysine	1.26g	Tryptophan	0.12g
Glutamic Acid	2.4g	Methionine	0.12g	Tyrosine	0.64g
Glycine	0.56g	Phenylalanine	0.8g	Valine	1.02g

Suitable for vegetarians  and vegans 

Uses

Lamberts® Pea Protein, as the name suggests, is a protein product sourced from peas. The extraction and purification processes raise the protein content from the normal level of 6% in fresh peas to 80% in this product. This unique process produces protein that is highly soluble and therefore easy to digest and absorb. We specifically chose peas as the source of protein because the amino acid profile is excellent - it is rich in 'branched-chain amino acids' (leucine, isoleucine and valine) and is richer in arginine than any other commercially available protein. Arginine is involved in the immune system response to challenges and also plays a part in weight control.

- Can be used for those clients who are recovering from illness and/or have low appetites
- Popular with sport people looking for a protein for muscle development and endurance but want to avoid dairy or soya based products
- Useful for slimmers and people with food cravings as provides slow release energy.

Usage and administration

2 heaped dessertspoons = 20g. A 20g portion of this product is generally recommended.

Up to two 20g portions can be taken per day.

The powder has a mild, pleasant, slightly savoury taste so it is perfect for adding to soup or sprinkled on cereal. It can also be blended with fruit such as a banana to make a fruit smoothie. Please see the product label for further serving suggestions.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

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

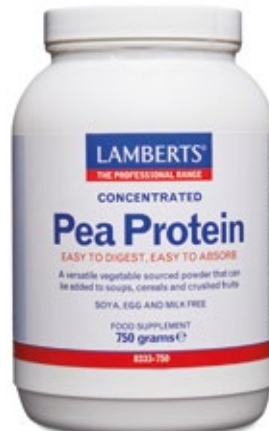
Legal category

Food supplement.

quantity
750g

type
powder

code
8333



FOS (Fructo-oligosaccharides)

Pleasant tasting soluble powder

Presentation

A soluble white powder.

Nutrition Information:

Energy	per 100g	per 20g
	822kJ/204kcal	164kJ/41kcal
Carbohydrate (Fructo-oligosaccharides)	95g	19g

Suitable for vegetarians (V) and vegans (V)

quantity
500g

type
powder

code
8381

Uses

Fructo-oligosaccharides (FOS), a form of soluble fibre, is found in many vegetables such as chicory and onions. This natural compound can only be partially digested by humans with the undigested portion serving as a food for the 'friendly' bacteria, such as Bifidobacteria and Lactobacillus species.

This effect means that as the 'friendly' beneficial bacteria multiply, the harmful pathogenic bacteria and yeasts are suppressed, so fewer toxins are produced. This leads to better bowel tone, more regular movements and a reduction in digestive 'upsets'.

After just 2 weeks of taking 8g of FOS daily, research has shown that FOS can significantly increase the number of beneficial bacteria in the gut by up to 10 times.

It is suitable for all ages, including children and pregnant women, as well as those on yeast-free diets and those on medication, and can be used on a long term basis.

If any of these intake levels cause excessive flatulence then reduce the dose and gradually build up. The flatulence is a positive sign that FOS has reached the bowel and is feeding your 'friendly' bacteria. As the bacteria consume FOS a gas is produced which can lead to some flatulence at first, however, after a few days this will disappear as further 'friendly' bacteria develop and absorb the gases. For intakes over 10g (or 5g in children); dividing the intake into 2 daily doses, 1 at each end of the day, will help reduce flatulence.



Usage and administration

(1 heaped teaspoon = 5g)

Recommended daily intake varies, depending on the level of fibre in your diet.

For specific requirements	Initial dose	Maintenance dose		
Adults:	5g	10g		
Children 4 years & up:	2.5g	5g		
General maintenance	Initial 3-day dose	Normal full dose	Maximum daily dose	
Adults:	5g	Try 15g	20g	
Children 4 years & up:	2.5g	Try 5g	10g	

Dissolve in hot drinks or sprinkle onto cereal. Alternatively simply take it 'off the spoon'. Be sure to drink at least 2 litres of fluids a day.

Allergen advice

None (see page 194).

Cautions

FOS may cause temporary bloating. This is a short-term effect and once your system 'speeds up' the bloating will disappear. If bloating continues for more than 3 days then reduce the daily intake of FOS.

Storage instructions

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

Legal category

Food supplement.



Peppermint Oil Capsules 100mg

Pure, natural leaf oil

Presentation

A soft capsule.

Each capsule delivers:

Peppermint Oil 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol,
Gelling Agent: Carrageenan, Acidity Regulator: DiSodium Phosphate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
90

type
capsules

code
8399



Uses

Peppermint has a long tradition of use as a digestive aid. The volatile oils contained in peppermint, particularly menthol, are the key active ingredients although the other constituents may also contribute to the plant's therapeutic effects.

Current research and usage is tending to focus on peppermint oil's role in the management of symptoms of Irritable Bowel Syndrome (IBS). IBS is caused when the gastro-intestinal tract behaves abnormally. The muscles of the gut become hypersensitive, leading to fierce contractions, which can be painful. Peppermint oil is known to soothe these contractions, as demonstrated in clinical trials. Lamberts® Peppermint Oil capsules contain 100mg of pure natural peppermint oil, distilled from the leaves of this plant.

Usage and administration

1 to 2 capsules daily, after each main meal.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Betaine HCl 324mg/Pepsin 5mg

Presentation

A white speckled round tablet.

Each tablet delivers:

Betaine HCl	324mg
Pepsin	5mg

Tableted with:

Cellulose, DiCalcium Phosphate, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Silicon Dioxide, Magnesium Stearate, Stearic Acid.

Disintegration time: Less than 30 minutes.

quantity
180

type
tablets

code
8404



Uses

As we get older, our bodies begin to slow down and our stomachs are no exception.

As we age, hydrochloric acid production frequently declines, but remains important for the breakdown of food in the gut. Hydrochloric acid has several different functions; for example it sterilises the ingested food, acidifies it, activates a powerful protease called pepsin and allows vitamin B12 to be extracted from foodstuffs.

Following the above process, food then passes into the intestines, where it is further metabolised into the various nutrients.

This supplement will help to replace some of the lost acidity in the stomach, thus aiding the digestion of food, and may be favoured by those who wish to ensure a sufficiency of hydrochloric acid.

Usage and administration

1 tablet with each main meal up to a maximum of 3 per day.
Swallow the tablets whole.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.
DO NOT TAKE IF PEPTIC ULCERS ARE PRESENT OR SUSPECTED.

Storage instructions

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

Legal category

Food supplement.



Candaway®

Natural complex of herbs and spices

Presentation

A green oval tablet.

Two tablets deliver:

Cinnamon Bark (provided by 150mg of a 25:1 extract)	3750mg
Olive Leaf (provided by 90mg of a 9:1 extract)	810mg
Oregano leaf (provided by 100mg of a 4:1 extract)	400mg
Fennel Seed (provided by 100mg of a 4:1 extract)	400mg

quantity
60

type
tablets

code
8409



Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colour: Titanium Dioxide and Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Crosslinked Cellulose Gum, Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

This is a high strength formula that includes powerful extracts from cinnamon bark, olive leaf, fennel seed and oregano leaf. This product is recommended for those people following a dietary regime designed to tackle an overgrowth of *Candida albicans*, which is a type of yeast that is naturally present in our digestive system.

When using herbs and spices in Lamberts® formulas, we always ensure that we use the correct species and the relevant part of the plant. This is why we have specifically used cinnamon bark since it is the bark, as opposed to the oil, that is documented as having some effect on the growth of *Candida albicans*.

For a free Anti-Candida Diet Sheet, please call our Technical Advice line on 01892 554314.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Digestizyme®

High Potency Enzyme Complex

Presentation

A beige powder in a clear hard shell capsule.

Each capsule delivers: Enzyme activity*

Lipase	313 FIP
Amylase	5000 DU
Protease 4.5	10000 HUT
Protease 3.0	10 SAPU
Glucoamylase	9 AGU
Cellulase	200 CU
Bromelain	120000 PU
Papain	50000 PU

quantity
100

type
capsules

code
8410



Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Magnesium Stearate, White Rice Powder, Silicon Dioxide).

*The enzyme activity is measured and expressed in Food Chemical Codex (FCC) units, the national standard for plant enzymes.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

Uses

Digestive enzymes are secreted into the digestive tract to break down food matter into its component nutrients. These can then be absorbed across the gut wall into the bloodstream. If this enzyme system does not work effectively, optimal health cannot be maintained because of the failure to absorb the nutrients needed. Also, undigested food passing into the large intestine will be fermented by the resident bacteria, causing flatulence, bloating and diarrhoea.

As we age, our natural production of enzymes declines and it is recognised that during illness enzyme production can be significantly reduced.

Digestizyme® provides a broad spectrum of plant-sourced enzymes, which digest protein, fat and carbohydrate. The advantage of plant-sourced enzymes is that quality control is assured and contamination is significantly reduced compared with animal sources. Natural plant enzymes give high bioavailability and are readily acceptable to the digestive tract. We have chosen enzymes that are largely resistant to degradation caused by the highly acidic conditions in the stomach so that they may reach the small intestine where most digestion takes place.

Usage and administration

1 capsule at the start of each main meal, up to 3 daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Lactase Complex 350mg

High strength natural lactase enzyme

Presentation

A white round tablet.

Each tablet delivers:

Lactase Complex 350mg
(Equivalent to 9000 FCC)*

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

**The enzyme activity is measured and expressed in Food Chemical Codex (FCC) units, a standard for plant enzymes that is a better description than weight in milligrams, as it describes the level of enzyme activity. This is a high potency product and can only be compared with other manufacturers' products if they supply units of activity (not weight).*

Disintegration time: Less than 1 hour (typically 30 minutes).

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8412



Uses

Lactase is a digestive enzyme required for the breakdown of the milk sugar lactose. Lactase should be produced in the small intestines, however if little or no lactase is produced or if production is impaired, undigested lactose moves into the colon where it is fermented and hydrogen, carbon dioxide and organic acids are produced often resulting in cramps, wind and diarrhoea.

This intolerance to lactose is not life threatening however, it can make patients feel very unwell and although eliminating milk based products is one solution, it can prove impractical as well as resulting in a very restricted diet.

Lamberts® Super Strength Lactase Complex 350mg is equivalent to 9000 FCC*, making it one of the highest strength products available.

A free information leaflet giving the lactose content of different dairy products is available from Lamberts® Technical Department on 01892 554314.

Usage and administration

Take 1 tablet before a meal containing milk products (lactose).
Do not exceed 3 tablets daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage

Storage instructions

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

Legal category

Food supplement.



Acidophilus Extra 4

4 billion friendly bacteria per capsule*

Presentation

A white powder in a clear hard shell.

Each capsule delivers:

Lactobacillus acidophilus 4 x10⁹ (4 billion) live bacteria
and Bifidobacterium bifidus

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agent (Stearic Acid).

Disintegration time: Special Delayed Release (DR) capsules.

Suitable for vegetarians (V)

*at the time of manufacture

quantity

30 & 60

type

capsules

code

8417



Uses

Our digestive system is colonised by billions of bacteria and most of them are harmless. However, a favourable balance between the beneficial and the pathogenic bacteria must be kept to maintain a healthy system and its regular nature.

Lamberts® Acidophilus Extra 4 is a top selling, acidophilus product containing 4 billion beneficial bacteria per capsule (at the time of manufacture).

Lamberts® was one of the first companies to produce live bacteria capsules in the UK (over 30 years ago) and we have developed an expertise in this area. Protecting ingredients such as live bacteria from stomach acids to maintain potency is crucial which is why we have chosen to use special Delayed Release (DR) capsules. These innovative DR capsules target release after an extended time period, protecting the live bacteria from degradation in the stomach. Our DR capsules are vegetarian and made of plant-based cellulose with a 3 times lower moisture content than typical gelatin-based ones. This product is stored in refrigerated conditions until despatch to ensure maximum potency and we have a special desiccant built into the tube wall of our pot.

Recommend to:

- People on antibiotics
- People travelling overseas
- The elderly
- Those on sugar/yeast free diets

Usage and administration

2 capsules daily. Take with a glass of water, ideally first thing in the morning when the pH of the stomach is at its highest (i.e. not so acidic).

Do not swallow capsules with hot drinks; heat kills bacteria. Take at least 2 hours after antibiotic medication.

Allergen advice

None (see page 194).

Cautions

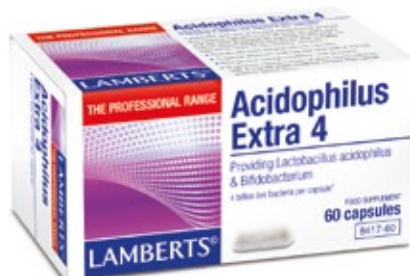
None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Acidophilus Extra 10

10 billion friendly bacteria per capsule*

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

Lactobacillus acidophilus 10 x 10⁹ (10 billion) live bacteria
and Bifidobacterium bifidus

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agent (Stearic Acid).

Disintegration time: Special Delayed Release (DR) capsules.

Suitable for vegetarians 

*at the time of manufacture

quantity
30 & 60

type
capsules

code
8418



Uses

Our digestive system is colonised by billions of bacteria and most of them are harmless. However, during times of stress, travel, illness, changes in the diet, and taking antibiotics, the unfriendly, pathogenic bacteria sometimes overwhelm the friendly bacteria.

Lamberts® Acidophilus Extra 10, is one of the UK's strongest live bacteria supplements. Each capsule contains 10 billion friendly bacteria (at the time of manufacture), with the advantage that only one capsule per day needs to be taken.

Lamberts® was one of the first companies to produce live bacteria capsules in the UK (over 30 years ago) and we have developed an expertise in this area. Protecting ingredients such as live bacteria from stomach acids to maintain potency is crucial which is why we have chosen to use special Delayed Release (DR) capsules. These innovative DR capsules target release after an extended time period, protecting the live bacteria from degradation in the stomach. Our DR capsules are vegetarian and made of plant-based cellulose with a 3 times lower moisture content than typical gelatin-based ones. This product is stored in refrigerated conditions until despatch to ensure maximum potency and we have a special desiccant built into the tube wall of our pot.

Recommend to those people whose gut flora is unbalanced due to:

- Taking oral antibiotics • Illness • Stress • Irritable Bowel Syndrome (IBS) • Candida 'yeast infection'
- Travelling overseas • Bowel disorders associated with increasing age

Usage and administration

1 capsule daily. Take with a glass of water, ideally first thing in the morning when the pH of the stomach is at its highest (i.e. not so acidic).

Do not swallow capsules with hot drinks; heat kills bacteria. Take at least 2 hours after antibiotic medication.

Allergen advice

None (see page 194).

Cautions

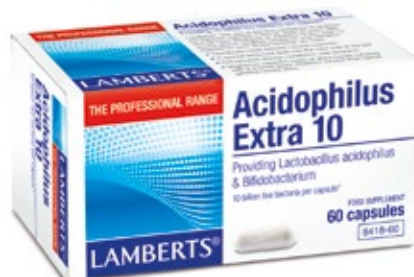
None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Probioguard®

4 strain probiotic

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

4 billion live bacteria* 4 x 10⁹ (4 billion) live bacteria
 Bifidobacterium bifidus
 Lactobacillus acidophilus
 Streptococcus thermophilus
 Lactobacillus delbrueckii

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agent (Stearic Acid).

Disintegration time: Special Delayed Release (DR) capsules.

Suitable for vegetarians (V)

*at the time of manufacture

quantity
60

type
capsules

code
8419



Uses

Probioguard® contains four carefully selected strains of friendly bacteria, Lactobacillus acidophilus, Bifidobacterium, Streptococcus thermophilus and Lactobacillus delbrueckii, which have been widely used in clinical studies. These species of bacteria are specially selected for use when travelling, as local cuisine can expose the gut to new challenges where different bacteria strains may be present and this can unsettle digestion. Plus, people who have used a course of antibiotics and those with regular bloating problems or on-going digestive disturbances.

Lamberts® was one of the first companies to produce live bacteria capsules in the UK (over 30 years ago) and we have developed an expertise in this area. Protecting ingredients such as live bacteria from stomach acids to maintain potency is crucial which is why we have chosen to use special Delayed Release (DR) capsules. These innovative DR capsules target release after an extended time period, protecting the live bacteria from degradation in the stomach. Our DR capsules are vegetarian and made of plant-based cellulose with a 3 times lower moisture content than typical gelatin-based ones. This product is stored in refrigerated conditions until despatch to ensure maximum potency and we have a special desiccant built into the tube wall of our pot.

Usage and administration

2 capsules daily. Take with a glass of water, ideally first thing in the morning when the pH of the stomach is at its highest (i.e. not so acidic).

Do not swallow capsules with hot drinks, as heat kills bacteria. Take at least 2 hours after antibiotic medication.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool, dry place at temperatures below 20°C (preferably in a refrigerator).

Legal category

Food supplement.



Saccharomyces Cerevisiae Bouardii 300mg

6 billion organisms per capsule

Presentation

A clear hard shell containing beige beadlets.

Each capsule delivers:

Saccharomyces bouardii 300mg
(a *S. cerevisiae* strain)
Providing 6 billion organisms

Encapsulated with:

Emulsifier: Sorbitan Monostearate, Capsule Shell (Hydroxypropyl Methylcellulose).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians 

quantity
30

type
capsules

code
8521



Uses

Lamberts® Saccharomyces Cerevisiae Bouardii provides a full 6 billion organisms per capsule. This probiotic yeast has been shown to maintain and restore the flora in the large and small intestine, and it is now widely recommended by practitioners, especially for the management of gut health.

Lamberts® Saccharomyces Cerevisiae Bouardii is a high strength one a day product that is suitable for vegetarians. These small, easy to swallow, capsules are manufactured in the UK to GMP standards and since our product is room temperature stable, there is no need to store it in refrigerated conditions.

Saccharomyces is suitable for:

- People travelling abroad
- Those who have used a course of antibiotics
- Candida 'yeast infection'
- Digestive disturbances

Usage and administration

1 capsule daily with a meal.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Choline Liver Complex

With Vitamin B Complex and Milk Thistle Extract

Presentation

An oval light yellow tablet

Typically per tablet:

Thiamin	4.4mg
Riboflavin	2.8mg
Niacin	32mg
Vitamin B6	2.8mg
Folic Acid	400µg
Vitamin B12	10µg
Biotin	100µg
Pantothenic Acid	12mg
Choline	100mg
Inositol	50mg
Milk Thistle (as 100mg extract)	3000mg
Providing Silymarin	80mg

Tableted with:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum, Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8593



Uses

Choline contributes to the maintenance of normal liver function and our product provides a full 100mg per tablet.

We have also included milk thistle as a standardised extract from mature seeds, with a guaranteed level of 80mg silymarin. Silymarin is the active principle from the fruit of Milk Thistle (*Silybum marianum*). Milk thistle is one of the most extensively studied herbs in use today, and is widely recommended by practitioners.

To complete our formula, we had added the B vitamins which have many roles, including contributing to the release of energy from foods.

Our convenient one-a-day formula is suitable for vegetarians and vegans, and is made in the UK to GMP standards.

Usage & Administration

Take 1 tablet daily.

Allergen advice

None (see page 194)

Cautions

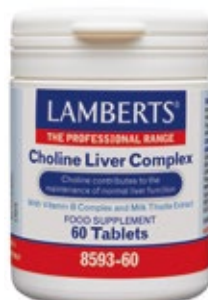
This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



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

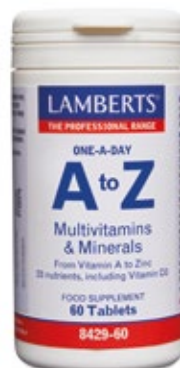
This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

Storage instructions

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

Legal category

Food supplement.



Multi-Max[®]

For the over 50's

Presentation

A red/brown coated oval tablet.

Each tablet delivers:

Vitamin A	781µg	Zinc (as gluconate)	15mg
Vitamin D3	10µg	Copper (as gluconate)	1.2mg
Vitamin E	100mg	Manganese (as gluconate)	0.5mg
Vitamin C	150mg	Selenium	110µg
Thiamin (Vitamin B1)	25mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	25mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	25mg	Molybdenum (as molybdate)	200µg
Pyridoxine (Vitamin B6)	10mg	Iodine (as potassium iodide)	150µg
Folic Acid	200µg	Choline	25mg
Vitamin B12	10µg	Inositol	25mg
Biotin	150µg	PABA	25mg
Pantothenic Acid (Vitamin B5)	25mg	Grapeseed	500mg
Iron (as fumarate)	14mg	(provided by 1mg of a 500:1 extract)	

Tableted with:

Cellulose, DiCalcium Phosphate, Magnesium Oxide, Tablet Coating (Hydroxypropyl Methylcellulose, Cellulose, Colour: Titanium Dioxide & Iron Oxide, Glycerin), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8431



Uses

This is the original Multi-Max[®] formula, a high potency one-a-day multi ideally suited for the over 50s. Recent UK dietary surveys have revealed that a significant proportion of the over 50s do not achieve the NRVs set for micronutrients. Of particular concern among this age group are Vitamin D and the trace elements zinc, iron and selenium.

This product includes high levels of the B vitamins plus a very comprehensive spread of the most important trace minerals included at potencies that will support even the worst diet. Multi-Max[®] can be taken with Osteoguard[®] if additional calcium and magnesium are required.

MultiGuard[®] Advance is a similar product to this one, but has the additional benefits of plant based antioxidants, plus lutein. However, the B vitamins are somewhat higher in this original product.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. 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.



Multi-Guard® Advance

With Lutein and Plant Extracts

Presentation

An orange coated oval tablet.

Each tablet delivers:

Vitamin A	800µg	Zinc (as citrate)	15mg
Vitamin D3	10µg	Iodine (as potassium iodide)	150µg
Vitamin E	24mg	Manganese (as gluconate)	0.5mg
Vitamin C	120mg	Copper (as gluconate)	1mg
Thiamin (Vitamin B1)	5mg	Selenium (as L-Selenomethionine & sodium selenite)	110µg
Riboflavin (Vitamin B2)	4mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	16mg	Choline Bitartrate	5mg
Pyridoxine (Vitamin B6)	10mg	Inositol	5mg
Folic Acid	200µg	Lutein	2mg
Vitamin B12	50µg	PABA	5mg
Biotin	150µg	Turmeric Extract	50mg
Pantothenic Acid	12mg	Green Tea Extract	50mg
Calcium (as carbonate)	100mg	4-7% epigallocatechin gallate	
Iron (as fumarate)	7mg	Grape Seed Extract	50mg
Magnesium (as oxide)	50mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8432



Uses

This is one of the most comprehensive one-a-day multis available in the UK. All of the most important micronutrients are included at levels that are highly relevant including selenium and chromium, two important minerals that are often underrepresented in multis. Also presented in the formula are relevant levels of Vitamin D to reflect the current thinking on bone health. Vitamin D is included at the level that is now being recommended for anyone who has little exposure to sunlight. Folic acid and Vitamin B12 have both been included since they are thought to be important for maintaining heart health through their role in controlling homocysteine levels in the blood.

This product also includes green tea, one of the best antioxidants known, at a level equivalent to one fresh cup of green tea, and lutein, which is known to be important for eye health, has been added at a full 2mg per tablet. This is a significant level of lutein, unlike the token amounts often included in high street multis for the over 50's. A high strength turmeric extract is included at a level equivalent to a teaspoon of turmeric spice as much has been published in the scientific literature in recent years concerning the important part it may play in the health benefits offered by Eastern diets.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. 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.



Multi-Guard® OsteoAdvance 50+

Multivitamins & minerals including calcium and magnesium

Presentation

An beige oval coated tablet.

Three tablets deliver:

Vitamin A	800µg	Zinc (as citrate)	15mg
Vitamin D3	10µg	Iodine (as potassium iodide)	150µg
Vitamin E	24mg	Manganese (as gluconate)	0.45mg
Vitamin K2	75µg	Copper (as gluconate)	1mg
Vitamin C	120mg	Selenium	110µg
Thiamin (Vitamin B1)	5mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	4mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	16mg	Choline Bitartrate	5mg
Pyridoxine (Vitamin B6)	10mg	Inositol	5mg
Folic Acid	200µg	PABA	5mg
Vitamin B12	100µg	Lutein	2mg
Biotin	150µg	Turmeric Extract	50mg
Pantothenic Acid (Vitamin B5)	12mg	Green Tea Extract	50mg
Calcium (as carbonate)	500mg	4-7% epigallocatechin gallate	
Iron (as fumarate)	7mg	Grape Seed Extract	50mg
Magnesium (as carbonate & citrate)	250mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V)

quantity

120

type

tablets

code

8434



Uses

This is one of the most comprehensive, high potency multi nutrient formulas available in the UK, combining high potency micronutrients with the two important 'macro' nutrients, calcium and magnesium. Most multi nutrient formulas neglect these two essential bone health macro minerals, since these are required in relatively large amounts that are impossible to fit into a one-a-day-formula. That's why we have always recommended Osteoguard® as a perfect partner to our one-a-day multis such as MultiGuard® and MultiGuard® Advance.

In addition to a full 500mg of calcium and 250mg of magnesium per daily intake, this supplement also provides excellent levels of all the important micronutrients, including a broad spectrum of trace minerals as well as high levels of the heart protecting B vitamins and the antioxidant vitamins C and E.

The formula also includes relevant levels of plant compounds such as turmeric, lutein, grape seed and green tea, all of which are highly regarded by Nutritionists as possessing important protective functions in the body.

Usage and administration

3 tablets 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.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Multi-Guard® Methyl

Important nutrients in bioavailable forms

Presentation

A pale pink oval coated tablet.

Each tablet delivers:

Vitamin A	800µg	Pantothenic Acid (B5)	30mg
Vitamin D (D3)	15µg	Magnesium (Citrate & Oxide)	120mg
Vitamin E	24mg	Iron (as Citrate)	14mg
Vitamin K (K2)	75µg	Zinc (as Citrate)	10mg
Vitamin C	80mg	Copper (as Sulphate)	1mg
Thiamin (B1)	3.3mg	Manganese (as Sulphate)	0.5mg
Riboflavin (B2)	4.2mg	Selenium (Sodium Selenite)	110µg
Niacin (B3)	48mg	Chromium (as Chloride)	120µg
Vitamin B6	4.2mg	Molybdenum	50µg
(as Pyridoxal 5-Phosphate)		(as Sodium Molybdate)	
Folic Acid (as Methylfolate)	200µg	Iodine (as Potassium Iodide)	150µg
Vitamin B12	30µg	Choline	10mg
(as Methylcobalamin)		Inositol	10mg
Biotin	50µg		

Tableted with:

Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Polydextrose), Colours (Calcium Carbonate & Iron Oxides), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8435



Uses

Multi-Guard® Methyl is a specially formulated, one-a-day, high potency multivitamin, mineral formula. With important nutrients in bioavailable forms, for those that need support when it comes to methylation. It includes Folate as Methylfolate, Vitamin B6 as Pyridoxal 5-Phosphate and Vitamin B12 as Methylcobalamin and Vitamin K2 (Menaquinone-7).

Methylation is an essential chemical process that is happening constantly in the body. It has a significant positive impact on many biochemical reactions in the body that regulate the activity of the cardiovascular, neurological, reproductive, and detoxification systems.

Due to busy lifestyles and nutrient-depleted foods, more and more people require support when it comes to methylation. Some people may even have genetic differences or polymorphisms that may reduce their ability to methylate effectively.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women. 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.



Multi-Guard® Iron Free

Iron and iodine free

Presentation

A pale pink oval coated tablet.

Each tablet delivers:

Vitamin A	200µg	Pantothenic Acid (B5)	30mg
Vitamin D (D3)	10µg	Calcium (as Carbonate)	127mg
Vitamin E	36mg	Magnesium (as Oxide)	100mg
Vitamin K (K1)	30µg	Zinc (as Citrate)	12.5mg
Vitamin C	120mg	Copper (as Gluconate)	0.5mg
Thiamin (B1)	5.5mg	Manganese (as Gluconate)	0.5mg
Riboflavin (B2)	7mg	Selenium (Sodium Selenite)	165µg
Niacin (B3)	80mg	Chromium (as Chloride)	100µg
Vitamin B6	5mg	Molybdenum	50µg
Folic Acid	400µg	(as Sodium Molybdate)	
Vitamin B12	20µg	Choline	25mg
Biotin	200µg	Inositol	25mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8436



Uses

This comprehensive multiple formula provides a broad range of key nutrients, at clinically relevant levels, but we have made this formula iron free.

There are various reasons why an iron free formulation might be suitable for a client's needs. From those with sensitivities to iron, or for postmenopausal women and men over 50, who require less iron in their diet as they age, or for a multiple formula to be taken alongside Florisene for hair loss.

We have also omitted iodine from the formulation for those with thyroid issues in mind. If the underactive thyroid isn't caused by iodine deficiency, then iodine supplements give no benefit and shouldn't be taken. In fact, for some people with an underactive thyroid, too much iodine can cause or worsen their condition.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



FEMA45+™

For women during and after the menopause

Presentation

A pink oval coated tablet.

Two tablets deliver:

Vitamin A	60µg (200iu)	Iron (as fumarate)	7.5mg
Vitamin D3	10µg	Magnesium (as citrate + oxide)	150mg
Vitamin E	100mg (150iu)	Zinc (as citrate)	15mg
Vitamin K1	50µg	Copper (as sulphate)	1.2mg
Vitamin C	120mg	Manganese (as sulphate)	4mg
Thiamin (Vitamin B1)	4mg	Selenium (as L-Selenomethionine/Selenite)	200µg
Riboflavin (Vitamin B2)	4mg	Iodine (as potassium iodide)	150µg
Niacin (Vitamin B3)	18mg	Chromium (as chloride)	100µg
Pyridoxine (Vitamin B6)	8mg	Choline Bitartrate	5mg
Folic Acid	200µg	Inositol	5mg
Vitamin B12	100µg	Quercetin	25mg
Biotin	150µg	Rutin	20mg
Pantothenic Acid (Vitamin B5)	12mg	PABA	5mg
Calcium (as carbonate)	200mg	Boron (as sodium borate)	2mg

quantity
180

type
tablets

code
8437



Tableted with:

DiCalcium Phosphate, Microcrystalline Cellulose, Tablet Coating (Colours: Titanium Dioxide & Iron Oxides, Hydroxypropyl Methylcellulose), Crosslinked Cellulose Gum, Silicon Dioxide, Stearic Acid, Magnesium Stearate.

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

Uses

FEMA45+™, as recommended by Maryon Stewart of the Natural Health Advisory Service (NHAS), has been formulated specially for women during and after the menopause.

The formula provides 28 nutrients at relevant levels including the trace minerals and plenty of antioxidants. It contains good levels of magnesium and calcium, as well as the vitamins D and K to reflect the current thinking on bone health. Additionally the B vitamins, which are involved in metabolism, are included at significant amounts.

- Calcium, magnesium and vitamin D for bone health
- High level of vitamin E and other antioxidants
- Excellent all-in-one formula.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. 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.



Premtesse®

For women of menstruating age

Presentation

A pink oval coated tablet.

Two tablets deliver:

Vitamin A	700µg	Biotin	150µg
Vitamin D3	10µg	Pantothenic Acid (Vitamin B5)	10mg
Vitamin E	10mg	Calcium (as carbonate)	100mg
Vitamin K1	75µg	Iron (as fumarate)	15mg
Vitamin C	80mg	Magnesium (as oxide & citrate)	250mg
Thiamin (Vitamin B1)	10mg	Zinc (as citrate)	15mg
Riboflavin (Vitamin B2)	10mg	Iodine (as potassium iodide)	150µg
Niacin (Vitamin B3)	16mg	Copper (as sulphate)	0.5mg
Vitamin B6 (as P5P)	10mg	Chromium (as chloride)	200µg
Folic Acid	400µg	Selenium (as L-Selenomethionine & Sodium Selenite)	110µg
Vitamin B12	50µg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60

type
tablets

code
8439



Uses

Premtesse® is a unique high strength multinutrient formula especially developed for women of menstruating age.

This advanced formula has all the most important micronutrients well represented. It contains 20 nutrients, including vitamin B6 in the active form, pyridoxal-5 phosphate (P5P) that is known to be of help with the monthly cycle. An impressive 250mg of magnesium is included, (a level rarely found in other multis), as it is known to contribute to the reduction of tiredness and fatigue. Chromium contributes to the maintenance of normal blood glucose levels, (and may therefore reduce sugar cravings), plus zinc and vitamin C for the immune system and iron to help replace monthly loss.

Premtesse® can be used alongside other supplements such as Evening Primrose Oil.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. 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.



Florisene® For Women

To help maintain hair growth

Presentation

A red oval coated tablet.

Each tablet delivers:

Vitamin C (as ascorbic acid)	24mg
Vitamin B12	3µg
Biotin	50µg
Iron (as ferrous fumarate)	20mg
Selenium (as selenite)	10µg
L-Lysine	500mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
90 & 270

type
tablets

code
8440



Uses

Florisene® is a clinically supported supplementation programme shown to help women with Chronic

Usage and administration

Take 1 tablet daily. Florisene® should be taken with water half to one hour before food or on an empty stomach.

It is best to avoid drinks containing milk, or tea and coffee within an hour of taking Florisene® as these drinks affect absorption of the nutrients.

Allergen advice

None (see page 194).

Cautions

Other iron containing supplements should not be taken whilst taking Florisene®.

Use in pregnancy, during breastfeeding, or if planning to become pregnant: Consult a doctor before taking Florisene®.

Florisene® should not be taken whilst taking oral antibiotics.

Florisene® should not be taken within 2 hours of taking any medication, including indigestion remedies.

This amount of iron may cause mild stomach upset in sensitive individuals.

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

Florisene® is safe at the recommended intake. In cases of overdosage, seek medical help.

Storage instructions

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

Legal category

Food supplement.

EU Patent Number 0914078

USA Patent Number 6136860

Worldwide Patents.

Telogen Effluvium (CTE), the term used to describe excessive and persistent hair shedding. CTE affects an incredible 4.8 million women in the UK and Florisene® is a cost-effective answer for women (who are typically between the ages of 18-50) with this problem.

Florisene® is a patented formula available only from pharmacists and practitioners.

Lamberts® Healthcare has produced a support package for the Health Professional to help their client in obtaining the right treatment. This includes staff training sessions, a diagnostic chart, a technical helpline as well as a hair helpline for the consumer. There is also a FREE 16 page comprehensive booklet entitled "Understanding Hair Loss in Women" and a website: www.florisene.com. For further information please call our Technical line on 01892 554314.



Multi-Guard® Control

Vitamins, trace minerals, magnesium and cinnamon

Presentation

An orange/ brown oval coated tablet.

Two tablets deliver:

Vitamin D3	5µg	Iron (Ferrous Fumarate)	14mg
Vitamin E	50mg	Zinc (as citrate)	15mg
Vitamin K	20µg	Copper (as sulphate)	0.5mg
Vitamin C	100mg	Manganese (as sulphate)	0.5mg
Thiamin	25mg	Selenium (L-Selenomethionine & Sodium Selenite)	200µg
Riboflavin	12mg	Chromium (as picolinate)	200µg
Niacin	50mg	Iodine (as potassium iodide)	150µg
Vitamin B6 (as P5P)	10mg	Choline Bitartrate	25mg
Folic Acid	400µg	Inositol	25mg
Vitamin B12	50µg	PABA	25mg
Biotin	150µg	Alpha Lipoic Acid	150mg
Pantothenic Acid	25mg	Cinnamon Bark	2000mg
Calcium (as carbonate)	100mg	(as 80mg extract)	
Magnesium (Citrate & Oxide)	300mg		

Tableted with:

Microcrystalline Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Cellulose, Colours: Titanium Dioxide & Iron Oxide), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Crosslinked Cellulose Gum, Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
120

type
tablets

code
8441



Uses

This is a comprehensive, high potency multi nutrient supplement which has been formulated specially to help the body maintain a more even balance of its energy reserves between meals.

The formula provides 26 nutrients, all at relevant levels and in particular the mineral chromium. Also included is 300mg of magnesium since it is a component of many enzymes involved in the breakdown of blood sugar, and tends to be deficient in diets based on refined carbohydrates.

This product also provides a concentrated extract of cinnamon which is included at levels that reflect the research carried out on this spice and its influence on blood sugar levels.

A high level of alpha lipoic acid has been added as research has shown that alpha lipoic acid may improve cellular uptake of glucose, as well as being a potent antioxidant. Other nutrients that have also been shown to help support glucose utilisation include: zinc, vitamin C and in particular the vitamins B1, B3 and B6 (as P5P). And these nutrients are all included at significant levels.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.
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.



Multi-Guard®

High Potency Formula Suitable For All Adults

Presentation

A red/brown oval coated tablet.

Each tablet delivers:

Vitamin A	800µg	Zinc (as citrate)	15mg
Vitamin D3	10µg	Copper (as sulphate)	1mg
Vitamin E	48mg	Manganese (as citrate)	0.5mg
Vitamin K1	75µg	Selenium	200µg
Vitamin C	160mg	(as L-Selenomethionine/Selenite)	
Thiamin (Vitamin B1)	25mg	Chromium (as chloride)	200µg
Riboflavin (Vitamin B2)	25mg	Molybdenum	200µg
Niacin (Vitamin B3)	32mg	Iodine (as potassium iodide)	150µg
Pyridoxine (Vitamin B6)	10mg	ORAC* Blend	50mg
Folic Acid	400µg	Choline Bitartrate	25mg
Vitamin B12	25µg	Inositol	25mg
Biotin	150µg	Rutin	25mg
Pantothenic Acid (Vitamin B5)	24mg	PABA	10mg
Iron (as fumarate)	14mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

*Oxygen Radical Absorbance Capacity

quantity
30 & 90

type
tablets

code
8442



Uses

If you are looking for a high potency multi formula then we highly recommend Multi-Guard® as the best for both potency and spread of nutrients. It is probably the most comprehensive one-a-day multi vitamin and mineral formula on the market and is suitable for all adults.

All the vitamins in this product are present at relevant potencies, making it a useful product where a medium/high potency B complex is needed along with the antioxidants beta carotene and vitamins C and E.

It is the trace minerals in Multi-Guard®, however, that have made this product so popular with practitioners. Few, if any, multivitamin and mineral products have such a broad spectrum of trace minerals present at relevant levels even though research shows these vital nutrients are as important, and essential, as vitamins.

Multi-Guard® also contains our unique blend of plant antioxidants from green tea, rosemary and oregano extracts which provides 625 ORAC super-antioxidant units per tablet.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

Do not take if pregnant or if breastfeeding.

Storage instructions

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

Legal category

Food supplement.



Multi-Guard® ADR

A Multi Vitamin and Mineral Formula With Herbs, CoQ10 and Taurine

Presentation

An orange/brown oval coated tablet.

Two tablets deliver:

Vitamin D3	10µg	Zinc (as citrate)	15mg
Vitamin E	12mg	Copper (as sulphate)	0.5mg
Vitamin K1	20µg	Manganese (as sulphate)	0.5mg
Vitamin C	100mg	Selenium	200µg
Thiamin (Vitamin B1)	25mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	12mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	50mg	Iodine (as potassium iodide)	150µg
Vitamin B6 (as P5P)	10mg	Choline Bitartrate	24mg
Folic Acid	400µg	Inositol	24mg
Vitamin B12	50µg	PABA	24mg
Biotin	150µg	Taurine	50mg
Pantothenic Acid (Vitamin B5)	150mg	Co-Enzyme Q10	30mg
Calcium (carbonate)	400mg	Rhodiola Rosea (as 125mg extract)	500mg
Magnesium (as oxide/citrate)	250mg	Korean Ginseng (as 40mg extract)	400mg
Iron (as ferrous fumarate)	14mg	providing Ginsenosides	8mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60 & 120

type
tablets

code
8443



Uses

The full vitamin B complex is included in Multi-Guard® ADR, which are renowned for their contribution to normal energy-yielding metabolism. There is special focus on pantothenic acid, since this can contribute to both the reduction of tiredness and fatigue, as well as normal mental performance.

Magnesium insufficiency has become commonplace and we have included a full 250mg of magnesium in Multi-Guard® ADR. This mineral contributes to the normal function of the nervous system and plays a role in the reduction of tiredness and fatigue.

Korean Ginseng has a long tradition of use as an adrenal adaptogen. There is 400mg of Korean ginseng root in our product, as a 40mg extract providing 8mg ginsenosides. We have also included 500mg of rhodiola rosea, as a 125mg extract. Many combination formulas simply contain powdered whole herb as opposed to extracts.

Co-Enzyme Q10 (CoQ10) is critical to the cellular ATP (energy) production cycle. This is an expensive nutrient but we will never compromise on the quality or level in our products. That's why we have included a full 30mg, which is an impressive amount for a multi formula and is a level that matches a straight CoQ10 product.

The amino acid taurine is found in popular energy drinks and we have incorporated 50mg into our formula.

Usage and administration

2 tablets daily, preferably one with breakfast and one with either lunch or dinner.

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.

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Maxi-Hair®

Nutrients relevant for healthy hair

Presentation

A pale pink oval coated tablet.

Each tablet delivers:

Vitamin D3	10µg	Calcium (as phosphate)	75mg
Vitamin E	20mg	Magnesium (as oxide)	150mg
Vitamin K1	70µg	Iron (as ferrous fumarate)	17mg
Vitamin C	70mg	Zinc (as citrate)	15mg
Thiamin (Vitamin B1)	10mg	Copper (as sulphate)	1mg
Riboflavin (Vitamin B2)	10mg	Manganese (as sulphate)	0.5mg
Niacin (Vitamin B3)	20mg	Selenium (as L-Selenomethionine/Selenite)	100µg
Pyridoxine (Vitamin B6)	10mg	Chromium (as picolinate)	80µg
Folic Acid	400µg	Iodine (as potassium iodide)	150µg
Vitamin B12	6µg	Choline Bitartrate	5mg
Biotin	150µg	Inositol	5mg
Pantothenic Acid (Vitamin B5)	5mg		

quantity
60

type
tablets

code
8446



Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V)

Uses

Vitamins and minerals are essential to health and vitality, and consequently to the health and appearance of skin and hair. Although these nutrients occur naturally in various foods, adequate nutrition is not always achieved and there may be a risk of dietary deficiencies. Maxi-Hair® is ideal for those whose diets may not be providing adequate vitamins and minerals. In fact, this multiple formulation contains such a good spread of nutrients, that there is no need to take any other multi at the same time.

For women concerned about thinning hair, product 8440 Florisene® may be more suitable.

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 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.



Multi-Guard® for Kids

For Children 4 -14 years

Presentation

A pink/white speckled round tablet.

Each tablet delivers:

Vitamin A	400µg	Pantothenic Acid (Vitamin B5)	3mg
Vitamin D3	2.5µg	Calcium (as carbonate)	80mg
Vitamin E	5mg	Iron (as Fumarate)	2.8mg
Vitamin C	60mg	Magnesium (as hydroxide)	45mg
Thiamin (Vitamin B1)	0.7mg	Zinc (as oxide)*	4mg
Riboflavin (Vitamin B2)*	0.8mg	Selenium (as selenite)	20µg
Niacin (Vitamin B3)*	9mg	Chromium (as picolinate)	25µg
Pyridoxine (Vitamin B6)*	1mg	Iodine (as potassium iodide)	75µg
Folic Acid	100µg	Choline Bitartrate	1mg
Vitamin B12	0.5µg	Inositol	1mg
Biotin	75µg		

Tableted with:

Sweetened: Xylitol, Fructo-oligosaccharides, Flavouring, Anti-caking Agents (Stearic Acid, Silicon Dioxide, Magnesium Stearate), Citric Acid, Colour: Beetroot Powder.

*Microencapsulated with mono and diglycerides of fatty acids to mask the taste of the given vitamin/mineral.

Disintegration time: Dissolves in the mouth.

Suitable for vegetarians (V)

quantity
100

type
tablets

code
8461



Uses

Good nutrition is important in children, particularly in periods of rapid growth or when the child expends a lot of energy on sports and other activities. Unfortunately this is the age when certain food dislikes and food fads can threaten the nutritional adequacy of the diet.

Multi-Guard® for Kids remains one of the best children's formulas available in the UK. Some High Street brands provide only vitamins and one or two minerals. Our product provides useful levels of all the important vitamins and trace minerals. These pleasant tasting chews have no added sugar and are therefore unlikely to contribute to tooth decay.

It can be used alongside other food supplements such as our Chewable Calcium and Vitamin C powder.

Usage and administration

Chew one tablet daily (children 4 - 10 years).

Chew two tablets daily (children 11 years and over).

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.

Excessive consumption may produce laxative effects.

Storage instructions

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

Legal category

Food supplement.



StrongStart MVM®

For women who are hoping to conceive, pregnant or breastfeeding

Presentation

A pale pink coated tablet.

Each tablet delivers:

Vitamin D3	10µg	Calcium (as phosphate)	75mg
Vitamin E	20mg	Magnesium (as oxide)	150mg
Vitamin K	70µg	Iron (as ferrous fumarate)	17mg
Vitamin C	70mg	Zinc (as citrate)	15mg
Thiamin (Vitamin B1)	10mg	Copper (as sulphate)	1mg
Riboflavin (Vitamin B2)	10mg	Manganese (as sulphate)	0.5mg
Niacin (vitamin B3)	20mg	Selenium (as L-Selenomethionine/Selenite)	100µg
Pyridoxine (Vitamin B6)	10mg	Chromium (as picolinate)	80µg
Folic Acid	400µg	Iodine (as potassium iodide)	150µg
Vitamin B12	6µg	Choline Bitartrate	5mg
Biotin	150µg	Inositol	5mg
Pantothenic Acid (Vitamin B5)	5mg		

quantity
60

type
tablets

code
8462



Tableted with:

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

Disintegration time: Less than 1 hour

Suitable for vegetarians 

Uses

StrongStart MVM® is a one-a-day multinutrient formula that has been developed by Lamberts® Technical Department for women who are either hoping to conceive, pregnant or breastfeeding. Taken daily, it provides the DoH's recommended 400µg of Folic Acid, alongside optimal levels of the other vitamins and minerals required at this important time.

- Safe nutrient levels
- No vitamin A included
- Recommended level of folic acid.

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.



Sea Buckthorn Berry Oil 1000mg

A rich source of Omega 7

Presentation

A red soft capsule.

Each capsule delivers:

Sea Buckthorn Berry Oil	1000mg
providing:	
Palmitoleic Acid (Omega 7)	270mg

Encapsulated with:

Capsule Shell (Modified Corn Starch, Glycerol, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
30

type
capsules

code
8497



Uses

Lamberts® Sea Buckthorn capsules contain pure Sea Buckthorn oil from the berry pulp (a much richer source than the seeds), which is extracted without solvents to provide the highest quality supplement available. This extraction process also ensures that the important properties are retained.

The berries from the Sea Buckthorn plant contain one of the richest sources of omega 7 fatty acids. Each of our Sea Buckthorn capsules contains 1000mg of pure oil providing 270mg omega 7 (palmitoleic acid). As well as its unsurpassable quality, this makes it one of the most potent products available to practitioners.

Ongoing research and recent media attention has focused on its amazing properties. Its bright orange berries have been used as food in the past but more recently they have been growing in popularity with practitioners as a food supplement.

Usage and administration

1 to 2 capsules daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Omega 3 6 9 1200mg

Plus Vitamin D3 5µg

Presentation

A soft capsule.

Each capsule delivers:

Blend of Concentrated Fish Oil, Starflower Oil, & Olive Oil	1,200mg
Providing:	
Omega 3 Fatty Acids	379mg
of which Eicosapentaenoic Acid (EPA)	196mg
Docosahexaenoic Acid (DHA)	127mg
Omega 6 Fatty Acids	
of which Linoleic Acid	125mg
Gamma Linolenic Acid (GLA)	66mg
Omega 9 Fatty Acids	
of which Oleic Acid	200mg
Vitamin D3	5µg

Encapsulated with:

Capsule Shell (Gelatin, Glycerin).

Disintegration time: Less than 30 minutes

quantity

120

type

capsules

code

8498



Uses

This formula has exceptional levels of omega 3, 6 and 9 and also includes a full 5µg of vitamin D3.

Our unique formulation emphasises the omega 3s obtained from oily fish (rather than the less well absorbed alpha linolenic acid source used by many companies), with each capsule providing 379mg of these essential fatty acids.

The level of EPA at 196mg and DHA at 127mg is significantly higher than many other 3, 6 and 9 products that are available.

Pure grade starflower (borage) oil provides the source for the omega 6 fatty acids, with each capsule providing 66mg of the all important Gamma Linolenic Acid (GLA), together with 125mg of linoleic acid.

We've chosen natural olive oil as our source of the omega 9 fatty acid, oleic acid, with each capsule supplying an impressive 200mg.

- Omega 3s from oily fish
- A full 196mg of EPA and 127mg of DHA
- Pure grade starflower oil
- 66mg of the all important GLA
- Natural olive oil
- An impressive 200mg of oleic acid.



Certified from sustainable fisheries
www.friendofthesea.org

Usage and administration

1 to 2 capsules daily.

Allergen advice

Contains fish.

Cautions

None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Pure Starflower Oil 1000mg

(High Strength GLA 220mg)

Presentation

A soft capsule.

Each capsule delivers:

Starflower Oil	1000mg
of which Saturates	4mg
Monounsaturates	250mg
Polyunsaturates	635mg
of which	
Gamma-Linolenic Acid (GLA)	215mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan)
Antioxidant: dl alpha Tocopheryl.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
90

type
capsules

code
8499



Uses

Starflower (borage) seeds have the highest Gamma-Linolenic Acid (GLA) level of any plant material, and these capsules have a guaranteed level of 215mg GLA, making this product one of the strongest available. The advantage of this is that only one capsule per day needs to be taken which means it is a good alternative for those currently taking a lot of evening primrose oil.

GLA is the precursor of a particularly important prostaglandin called PGE1, which takes part in regulating the nervous, cardiovascular and reproductive systems, skin condition and other biological functions.

Whilst the body can make GLA from Linoleic Acid (the omega 6 fatty acid present in vegetable oils) this conversion is sometimes slow or partially blocked. Hence, a dietary source of GLA can be very useful to the body in by-passing the conversion process, and numerous clinical trials have established that GLA supplements can be effective in certain situations.

This product can be recommended to:

- Women going through the menopause
- Women at the time of their period
- Anyone wishing to keep their skin in good condition.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product should only be given to Epileptics (temporal lobe) under medical supervision.

Storage instructions

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

Legal category

Food supplement.



Extra High Potency Evening Primrose Oil

With Starflower Oil 1000mg 12% GLA

Presentation

A soft capsule.

Each capsule delivers:

Evening Primrose Oil with Starflower Oil providing:	1000mg
Gamma Linolenic Acid (GLA)	120mg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
90

type
capsules

code
8505



Uses

This product combines evening primrose oil with starflower (borage) seed oil to give a blend that is richer in Gamma-Linolenic Acid (GLA) than straight evening primrose oil.

GLA is the precursor of a particularly important prostaglandin called PGE1, which takes part in regulating the nervous, cardiovascular and reproductive systems, skin condition and other biological functions. Whilst the body can make GLA from linoleic acid (the Omega 6 fatty acid present in vegetable oils) this conversion is sometimes slow or partially blocked. Hence, a dietary source of GLA can be very useful to the body in by-passing the conversion process, and numerous clinical trials have established that GLA supplements can be effective in certain situations.

This product provides approximately 50% more GLA per capsule than the similar sized evening primrose capsules on the market, and each capsule also provides 10mg of Vitamin E.

This product can be recommended to:

- Women going through the menopause
- Women at the time of their period
- Anyone wishing to keep their skin in good condition.

Usage and administration

1 to 3 capsules daily.

Allergen advice

None (see page 194).

Cautions

Evening Primrose Oil should only be given to Epileptics (temporal lobe) under medical supervision.

Storage instructions

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

Legal category

Food supplement.



Pure Evening Primrose Oil 1000mg & 500mg

With added Vitamin E

Pure Evening Primrose Oil 1000mg

Presentation

A soft capsule.

Each capsule delivers:

Evening Primrose Oil providing	1000mg
Gamma-Linolenic Acid (GLA)	90mg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Gelatin, Glycerin).

Disintegration time: Less than 30 minutes.



quantity
90

type
capsules

code
8501

Pure Evening Primrose Oil 500mg

Presentation

A soft capsule.

Each capsule delivers:

Evening Primrose Oil providing	500mg
Gamma-Linolenic Acid (GLA)	50mg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
180

type
capsules

code
8507

Usage and administration

Pure Evening Primrose Oil 1000mg

1 to 3 capsules daily.

Pure Evening Primrose Oil 500mg

1 to 4 capsules daily.

Allergen advice

None (see page 194).

Cautions

Evening Primrose Oil should only be given to Epileptics (temporal lobe) under medical supervision.

Storage instructions

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

Legal category

Food supplement.

Uses

Evening primrose oil is one of the few natural sources of a polyunsaturated fat called Gamma-Linolenic Acid (GLA). GLA is the precursor of a particularly important prostaglandin called PGE1, which takes part in regulating the nervous, cardiovascular and reproductive systems, skin condition and other biological functions.

Whilst the body can make GLA from Linoleic Acid (the omega 6 fatty acid present in vegetable oils) this conversion is sometimes slow or partially blocked. Hence, a dietary source of GLA can be very useful to the body in by-passing the conversion process, and numerous clinical trials have established that GLA supplements can be effective in certain situations.

Lamberts® Evening Primrose Oil is high quality oil specially selected for its purity and consistent GLA level, and each capsule also provides 10mg of vitamin E.

Vegan DHA

Super rich Omega 3 oil

Presentation

Small yellow capsule

Typically per capsule:

Algal Omega 3 Oil	625mg
Providing	
Docosahexaenoic Acid (DHA)	250mg

Encapsulated with:

Rosemary Extract & Natural Mixed Tocopherols, Capsule Shell (Modified Corn Starch, Glycerin, Gelling Agent: Carrageenan, Acidity Regulator: Sodium Carbonate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8494



Uses

Our Vegan DHA is derived from a unique plant-based form of DHA. It is also 100% sustainable with no fishy aftertaste. The algae we use are grown in a controlled environment, allowing us to be sure that we have an integrated, controlled and sustainable supply (independent of marine biomass), that is also naturally free from contaminants. Reassuringly, over 100 studies have been undertaken using this source, demonstrating both its safety and efficacy. These algae are an integral part of the marine food chain, being eaten by small organisms such as plankton and krill, which in turn are eaten by larger fish.

The oil obtained from this source is in the natural triglyceride (TG) form of Omega 3, the ideal choice for anyone wanting the TG form and because it's entirely fish-free, it's the perfect supplement for vegans and vegetarians as well as those with an allergy to fish.

The precious nutrients are encapsulated in small, easy to swallow capsules, suspended in pure sunflower oil, together with the antioxidants: rosemary extract, tocopherols and vitamin C (ascorbyl palmitate), to preserve the natural properties of the oil.

DHA contributes to the maintenance of normal brain function and normal vision. The beneficial effect is obtained with a daily intake of 250mg of DHA, which is the amount of DHA found in each capsule.

Usage & Administration

Take 1 capsule daily.

Allergen advice

None (see page 194)

Cautions

Keep out of reach from children.

Storage instructions

None known at the current recommended usage.

Legal category

Food supplement.



Flax Seed Oil 1000mg

A rich source of Omega 3's

Presentation

An opaque brown oblong soft capsule.

Each capsule delivers:

Flax Seed Oil	1000mg
Alpha-Linolenic Acid	680mg
Linoleic Acid	122mg
Vitamin E	2mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Acidity Regulator: Sodium Carbonate.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
90

type
capsules

code
8495



Uses

Research indicates that omega 3 fatty acids are important for the maintenance of a healthy heart, and in helping to maintain joint mobility, as well as healthy skin. Flax Seed Oil is an excellent alternative to fish oil.

Alpha-Linolenic Acid is converted by the body into the omega 3 fatty acids present in fish oil (EPA and DHA) according to their need. As an essential nutrient, Alpha-Linolenic Acid is required in large amounts by the body but because it is highly unstable, it is not always possible to be sure how much is available in the diet. The Flax Seed Oil from Lamberts® is cold pressed to ensure that the nutritive qualities are retained. Flax Seed Oil is also a useful source of Linoleic Acid, the other main essential fatty acid that our diets must provide.

- Vegetarian and vegan source of Omega 3s
- Capsule shell and vitamin E protect Omega 3s from oxidation
- No aftertaste.

Usage and administration

1 to 3 capsules daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Omega 3 Ultra

Pure Fish Oil 1300mg

Presentation

A soft capsule.

Each capsule delivers:

Fish Oil Concentrate	1300mg
Providing	
Omega 3 Fatty Acids	1040mg
Eicosapenaenoic Acid (EPA)	715mg
Docosahexaenoic Acid (DHA)	286mg

Encapsulated with:

Antioxidant: Mixed Tocopherols, Capsule Shell (Gelatin, Glycerin, Sweet Orange Oil).

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8506



Uses

The benefits of omega 3s are well documented, and research has shown that omegas 3s play a vitally important part in maintaining our health and wellbeing and it is for this reason that fish oil supplements are regularly recommended by practitioners.

Omega 3 Ultra provides a full 1040mg of omega 3 fatty acids per capsule, including 715mg of EPA and 286mg of DHA.

The sophisticated 5-stage purification process undergone by our fish oil ensures that there is no compromise on quality.

The capsule shell is impregnated with natural sweet orange oil so they are pleasant tasting.

- A concentrated fish oil
- Provides a full 1040mg omega 3 fatty acids per capsule
- One of the strongest available in the UK
- Undergoes a sophisticated purification process
- Capsule shell is impregnated with natural sweet orange oil
- Protected from oxidation by the inclusion of natural vitamin E

Usage and administration

For those eating 2 portions of oily fish a week, 1 capsule daily.
For those eating little or no oily fish, 2 to 3 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil.
Please see page 194.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Certified from
sustainable fisheries
www.friendofthesea.org



Pure Fish Oil 500mg

Providing 280mg of Omega 3s

Presentation

A soft capsule.

Each capsule delivers:

Fish Body Oil	500mg
Providing Omega 3 Fatty Acids	280mg
Of which:	
Eicosapentaenoic Acid (EPA)	135mg
Docosahexaenoic Acid (DHA)	90mg

Encapsulated with:

Antioxidant: d-alpha Tocopherol, Capsule Shell (Gelatin (Fish), Glycerin).

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8500



Uses

This product contains a concentrated fish oil that provides 280mg of omega 3s per capsule. Research has shown that the omegas 3s play a vitally important part in maintaining our health and wellbeing, and it is for this reason that fish oil supplements are regularly recommended by practitioners. Of the omega 3s, EPA and DHA are considered the most beneficial, and our product contains 135mg of EPA and 90mg of DHA per capsule.

The fish oil undergoes a sophisticated purification process that ensures it is largely odour free, with levels of contaminants well below the strict EU maximum limits. The oil is then protected from oxidation while it is in the fish gelatin capsules by the inclusion of natural vitamin E.



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Usage and administration

1 to 4 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

Storage instructions

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

Legal category

Food supplement.



Pure Fish Oil 1100mg

Providing 700mg of Omega 3s

Presentation

A soft capsule.

Each capsule delivers:

Fish Body Oil Concentrate	1100mg
Providing Omega 3 fatty acids	700mg
Of which:	
Eicosapentaenoic Acid (EPA)	360mg
Docosahexaenoic Acid (DHA)	240mg

Encapsulated with:

Antioxidant: dl alpha Tocopherol,
Capsule shell (Gelatin and Glycerin).

Disintegration time: Less than 30 minutes.

quantity
60, 120 & 180

type
capsules

code
8508



Uses

These capsules contain a concentrated, fish oil which provides a full 700mg of Omega 3s per capsule, (many 1000mg fish oils products contain just 350mg of Omega 3s). This means that this product is one of the strongest available in the UK and is therefore widely recommended by practitioners. The fish oil undergoes a sophisticated purification process that ensures it is largely odour free, with levels of contaminants well below the strict EU maximum limits. The oil is then protected from oxidation while it is in the capsules by the inclusion of natural vitamin E.

The most beneficial ingredients in fish oil are the two Omega 3 fatty acids, EPA and DHA. Clinical studies have shown that Omegas 3s are used by the body in countless ways including the following;

- The maintenance of a healthy heart
- In helping to maintain joint mobility
- Maintaining healthy skin
- Brain development.

Usage and administration

1 to 3 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

Storage instructions

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

Legal category

Food supplement.



Certified from
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OracOmega®

High strength fish oil plus 2,500 ORAC antioxidant units

Presentation

A green soft capsule.

Two capsules deliver:

Fish Body Oil Concentrate	1200mg
Providing Omega 3 Fatty Acids	760mg
of which:	
Eicosapentaenoic Acid (EPA)	390mg
Docosahexaenoic Acid (DHA)	260mg
ORAC Blend (from Green Tea, Rosemary and Grape Seed Extracts)	200mg

Encapsulated with:

Antioxidant: Mixed Tocopherols, Fish Oil, Capsule Shell (Gelatin (Bovine), Glycerin, Colours: Iron Oxide, Copper Chlorophyll), Non-hydrogenated Vegetable Oil, Beeswax, Sunflower Lecithin.

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8510



Uses

The health benefits of omega 3 supplements only exist if the fatty acids are not oxidised, and this is prevented by careful processing and the exclusion of air by the capsule shell. However, once the omega 3s have been absorbed into the bloodstream they risk being oxidised by highly reactive 'free radicals'.

The body naturally stops this from happening by producing antioxidants which neutralise the free radicals. Many useful antioxidants are nutrients that we obtain from our food, and increasingly the effectiveness of each antioxidant is being measured in Oxygen Radical Absorbance Capacity (ORAC) units for comparison. Interestingly, certain plant phenolic compounds appear to be more effective antioxidants than vitamins C and E.

OracOmega® combines a potent level of these plant antioxidants, (from green tea, grape seed, rosemary extracts), with our pure fish oil, to create a unique high potency product. Two capsules taken daily will provide an impressive 2,500 ORAC units in addition to a full 760mg of omega 3s, including 390mg of EPA and 260mg of DHA.



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Usage and administration

2 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Cod Liver Oil 1000mg

(with 280mg of Omega 3s)

Presentation

A soft capsule.

Each capsule delivers:

Pure Cod Liver Oil and Fish Oil Concentrate	1000mg
providing Omega 3	280mg
of which:	
Eicosapentaenoic Acid (EPA)	144mg
Docosahexaenoic Acid (DHA)	107mg
Vitamin A*	800µg
Vitamin D3*	10µg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Gelatin (Bovine), Glycerin).

*With Antioxidant: dl alpha Tocopherol.

Disintegration time: Less than 30 minutes.

quantity

180

type

capsules

code

8554



Uses

The most beneficial ingredients of this Cod Liver Oil are the two fatty acids, EPA and DHA. These are omega 3 fatty acids, which are important in:

- The maintenance of a healthy heart
- In helping to maintain joint mobility
- Maintaining healthy skin

Whilst we can make EPA and DHA in our body from the conversion of the Alpha-Linolenic Acid, (the parent fatty acid of the omega-3 family), nutritionists believe that this process may not always be very efficient. Increasingly few people consume oily fish regularly and so a supplement that provides pre-formed EPA and DHA may be useful.

In terms of the EPA and DHA content this product is one of the strongest cod liver oils available, and offers the added benefit of providing relevant levels of Vitamins A, D and E. Our capsules contain a full 100% of the NRV for vitamin A and 200% of the NRV for vitamin D which is vital for healthy bones and teeth. Plus vitamin E which contributes to the protection of cell constituents from oxidative damage.

For situations requiring supplementation with high levels of omega 3s we recommend Pure Fish Oil 1100mg or Omega 3 Ultra.

Usage and administration

1 capsule daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

Storage instructions

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

Legal category

Food supplement.



Berry Bursts

Omega 3 for kids

Presentation

A black soft capsule.

Each capsule delivers:

Fish Oil	200mg
Total Omega 3s	120mg
of which Docosahexaenoic Acid (DHA)	100mg
Eicosapentaenoic Acid (EPA)	14mg
Vitamin A	200µg
Vitamin D3	2.5µg
Vitamin E	1.5mg
Vitamin C	30mg

Encapsulated with:

Capsule Shell (Glycerol, Modified Corn Starch, Gelling Agent: Carrageenan, Flavour: Blackcurrant, Cellulose, Colour: Iron Oxide, Sweetener: Sucralose, Acidity Regulatory: Sodium Carbonate), Non-Hydrogenated Vegetable Oil, Flavours (Blackcurrant, Fruits of the Forest & Lemon Oil), Sweeteners (Mannitol & Sucralose), Medium Chain Triglycerides, Calcium Ascorbate.

With sweetener.

quantity
100

type
capsules

code
8511



Uses

Lamberts® Omega 3 Berry Bursts have been specially formulated for those aged 3 years and over. Chewing the soft capsule releases a burst of delicious natural blackcurrant flavour and delivers essential omega 3 fatty acids alongside the vital vitamins A, C, D and E.

With a full 100mg per capsule, our Berry Bursts are a particularly rich source of the omega-3 fatty acid DHA which is thought to be essential for healthy brain function. The vitamins A, C, D and E help to support a healthy immune system, as well as healthy skin, teeth, bones and eyes.

The unique blend in the Berry Bursts is produced using one of the most sophisticated purification processes that minimises any 'fishy' aftertaste.

- Essential omega 3 fatty acids DHA and EPA
- Vitamins A, C, D and E
- Suitable for those aged 3 years and over.

Usage and administration

Chew 1 - 2 capsules daily.

Allergen advice

Contains fish.

Cautions

None known at the recommended usage.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Green Lipped Mussel Extract 350mg

(Perna canalicus)

Presentation

A green oval coated tablet.

Each tablet delivers:

Green Lipped Mussel Extract 350mg

Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Silicon Dioxide, Stearic Acid, Magnesium Stearate.

Disintegration time: Less than 1 hour.

quantity
90

type
tablets

code
8509



Uses

This product contains the pure extract of a green lipped mussel, *Perna canalicus*, found only in the clear, unpolluted water surrounding New Zealand.

It is taken by millions of people throughout the world to help maintain joint mobility, and has a long history of use for this purpose. It is not fully understood how this nutrient works but we know that extracts contain omega 3 fatty acids, amino acids, minerals and carbohydrates.

Studies suggest that one of the active principles in green lipped mussel extract resides in a protein compound and that its properties are unique to this type of mussel and not demonstrated by other types of shellfish.

To determine its potential for any individual we advise that this product should be taken for a minimum of four to eight weeks. It can be taken in conjunction with other nutrients including glucosamine, chondroitin and fish oil.

Usage and administration

Up to 3 tablets daily.

Allergen advice

Contains shellfish.

Cautions

Green Lipped Mussel is a natural shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

The shellfish odour of Green Lipped Mussel Extract is quite normal and not a sign of deterioration.

Storage instructions

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

Legal category

Food supplement.



Glucosamine Complete

Glucosamine with Chondroitin, MSM & Quercetin plus Ginger & Rose Hip Extracts

Presentation

A beige oval tablet.

Three tablets deliver:

Glucosamine Sulphate 2KCl	1857mg
containing Glucosamine Sulphate providing:	1400mg
Glucosamine Base	1100mg
Chondroitin Sulphate providing:	330mg
Chondroitin	300mg
MSM (Methylsulphonylmethane)	150mg
Quercetin	50mg
Ginger (from 60mg of a 20:1 extract)	1200mg
Rose Hip (from 100mg of a 4:1 extract)	400mg

quantity
120

type
tablets

code
8512



Tableted with:

Modified Starch, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Colours: Titanium Dioxide & Iron Oxides), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Uses

This is a high strength glucosamine and chondroitin formula that also provides potent levels of other nutrients believed to be useful for joint care. Each ingredient has been selected based on their different, but complimentary functions.

Three tablets provide the full 1400mg of glucosamine sulphate, the level used in many studies, as well as 330mg of chondroitin sulphate, (see note below) and 150mg of MSM per daily dose. The powerful bioflavonoid quercetin, has been included at a potent 50mg, plus 1200mg of ginger (as a concentrated extract), as well as a 400mg of rose hip extract.

It is worth noting that a common practice with chondroitin supplements is to use preparations that are just 20% chondroitin, but the label may declare this as if it is 100% chondroitin. Therefore a supplement declared as '400mg chondroitin sulphate' is often just 80mg of chondroitin. However, this Lamberts® supplement provides 330mg of a 90% chondroitin sulphate preparation to provide 300mg of chondroitin (per 3 tablets).

- All-in-one joint care formula
- Combines glucosamine and chondroitin with faster acting ingredients.

Usage and administration

3 tablets daily.

Allergen advice

Contains shellfish.

Cautions

Glucosamine Sulphate 2KCl is derived from shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Glucosamine QCV

Glucosamine Sulphate 929mg 2KCl with Quercetin & Cider Vinegar

Presentation

A beige oval coated tablet.

Each tablet delivers:

Glucosamine Sulphate 2KCl	929mg
Providing:	
Glucosamine Sulphate	700mg
Providing:	
Glucosamine Base	550mg
Apple Cider Vinegar	300mg
Quercetin	25mg

quantity
120

type
tablets

code
8513



Tableted with:

Cellulose, Modified Starch, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide, Iron Oxide, Glycerin), Calcium Carbonate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Uses

Glucosamine QCV is a unique formula developed by Lamberts® to provide a full 929mg glucosamine sulphate 2KCl, with the added advantage of cider vinegar and quercetin. Cider vinegar has been used for centuries for numerous health reasons including joint health and this product provides the equivalent of a dessertspoon of cider vinegar per tablet.

Quercetin is a bioflavonoid that is naturally found in fruit and vegetables, particularly in apples, and is one of the few bioflavonoids that has been used in human studies. Quercetin is a potent anti-oxidant and may also play a part in inhibiting the production and release of histamines. We have added a pure source of quercetin, at a level equivalent to that found in four apples.

- Full strength glucosamine sulphate
- With quercetin, a potent antioxidant
- Cider vinegar, a popular ingredient with patients.

Usage and administration

1 to 2 tablets daily.

Allergen advice

Contains shellfish.

Cautions

Glucosamine Sulphate 2KCl is derived from shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Vegan Glucosamine

660mg of Glucosamine HCl

Presentation

A white coated oval tablet.

Each tablet delivers:

Glucosamine HCl (hydrochloride)	660mg
Providing Glucosamine Base	548mg

Tableted With:

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

Disintegration Time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8514



Uses

Glucosamine is essential for maintaining healthy cartilage, the smooth tissue that lines joints. There are no edible food sources of glucosamine, so when our bodies fail to manufacture sufficient natural glucosamine, supplementation is useful to help maintain joint mobility.

This was one of the first vegan glucosamine products available to practitioners. Whereas the raw material base of most other glucosamine products is shellfish, this glucosamine hydrochloride (HCl) is manufactured from a vegetable source that is converted to glucosamine through a fermentation process. This makes it suitable for both vegetarians and vegans, and for those people with an allergy to shellfish.

Please note that some glucosamine hydrochloride products are in fact made from shellfish, with the hydrochloride salt simply being chosen instead of the sulphate. However, Lamberts® product is guaranteed to be from a vegetable source and is often used in conjunction with Vegan DHA.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Glucosamine Sulphate 2KCl

(providing Glucosamine Sulphate 700mg)

Presentation

A beige oval clear coated tablet.

Each tablet delivers:

Glucosamine Sulphate 2KCl	929mg
Glucosamine Sulphate	700mg
providing: Glucosamine Base	550mg

Tableted with:

Cellulose, Modified Starch, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

quantity
120

type
tablets

code
8515



Uses

Glucosamine is essential for maintaining healthy cartilage, the tissue that lines joints. There are no edible food sources of glucosamine, so when our bodies fail to manufacture sufficient natural glucosamine, supplementation is useful to help maintain joint mobility.

Glucosamine is available in various forms. We have chosen to use glucosamine sulphate as this is the substance which has been repeatedly and successfully used alone in studies. It has an exceptional absorption rate of 90 - 98%.

Lamberts® Glucosamine Sulphate 700mg has become one of the most popular brands with practitioners due to its high strength and low price. We use the highest grade of glucosamine in our product so that it emulates the naturally occurring glucosamine produced by the body. Made to pharmaceutical standards, two tablets per day provide a full 1,400mg of pure glucosamine sulphate (equivalent to 1858mg glucosamine sulphate 2KCl).

- The level of glucosamine sulphate often used in clinical studies
- High strength, affordable product
- Often used in conjunction with Pure Fish Oil.

Usage and administration

2 tablets daily.

Allergen advice

Contains shellfish.

Cautions

Glucosamine Sulphate 2KCl is derived from shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Glucosamine & Chondroitin Complex

619mg of Glucosamine Sulphate 2KCl & 100mg of Chondroitin

Presentation

An off-white oval clear coated tablet.

Each tablet delivers:

Glucosamine Sulphate 2KCl	619mg
providing:	
Glucosamine Sulphate	467mg
providing:	
Glucosamine Base	366mg
Chondroitin Sulphate	110mg
providing:	
Chondroitin	100mg

Tableted With:

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

Disintegration Time: Less than 1 hour.

quantity
120

type
tablets

code
8516



Uses

Chondroitin sulphate is an important structural component of cartilage, the tough tissue that lines the surfaces of bones, and forms a major part of the extra-cellular matrix that provides much of cartilage's resistance to compression. Chondroitin is thought to attract fluid into the cartilage and this enhances its elasticity. It is also believed to inhibit the proteolytic enzymes that break down cartilage.

Chondroitin sulphate is now a popular supplement worldwide, following a number of positive studies, and is usually combined with glucosamine as this compound works in a different but complimentary way.

This product provides these two nutrients at levels that are effective. It is worth noting that a common practice with chondroitin supplements is to use preparations that are just 20% chondroitin, but the label declares this as if it is 100% chondroitin. Therefore a supplement declared as '400mg chondroitin sulphate' is often just 80mg of chondroitin. However, this Lamberts® supplement uses 110mg of a 90% preparation to provide 100mg of chondroitin.

Usage and administration

1 tablet, 3 times daily.

Allergen advice

Contains shellfish.

Cautions

Glucosamine Sulphate 2KCl is derived from shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



MSM 1000mg

(Methylsulphonylmethane) Natural Source

Presentation

An off white oval clear coated tablet.

Each tablet delivers:

MSM (Methylsulphonylmethane) 1000mg

Tableted with:

Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate),
Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8517



Uses

The sulphur containing compound, MSM, is seen by many practitioners as the perfect partner to glucosamine. It is a key component of cartilage and plays an important role in joint health. Small quantities of MSM occur naturally in many foods, and it is therefore a source of sulphur in the diet, along with the sulphur containing amino acids found in dietary proteins.

There is no dietary requirement for MSM but several studies have indicated that MSM supplements may be useful for some people as part of a joint care regime as is one of the major building blocks of glycosaminoglycans, a key constituent of bones, teeth and collagen. The organic sulphur compound in MSM appears to have other important properties too, one of which is that it is required for the manufacture of many proteins including those found in hair, skin and nails.

Lamberts® MSM is naturally sourced and each tablet provides a full 1000mg of MSM, making it one of the most potent products on the market. It is also one of the best value MSM products available to practitioners.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



5-HTP 100mg

Natural extract from Griffonia Seeds

Presentation

A white round tablet.

Each tablet delivers:

L-5-Hydroxytryptophan 100mg
(natural extract from the seeds
of *Griffonia simplicifolia*)
8000mg whole herb equivalent

Tableted with:

DiCalcium Phosphate, Calcium Carbonate, Cellulose, Anti-caking Agents
(Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating
(Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8518



Uses

5-HTP, short for 5-hydroxytryptophan, is a derivative of tryptophan, an amino acid that is present in high protein foods such as meat and dairy products. The body makes its own 5-HTP from tryptophan, and in the brain the 5-HTP is converted into the neurotransmitter serotonin, which influences everything from appetite, to mood, to sleep.

The 5-HTP provided by this product is extracted from a natural source, the seeds of an African plant called *Griffonia simplicifolia*. The extract from this plant is now one of the most extensively used supplements worldwide and is particularly popular in the USA.

As with all Lamberts® herbal extracts, care is taken to ensure the material used meets strict guidelines on contaminants. The daily intake recommendations for this product reflect the levels of 5-HTP used in most of the clinical studies.

Usage and administration

Take up to 3 tablets daily, half an hour before meals or half an hour before bedtime. Start on one tablet and increase if necessary. 5-HTP is best taken for periods of up to 3 months.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Mild drowsiness may occur in some people. It is advisable not to drive or operate machinery until you determine how 5-HTP affects you. Consult your Doctor if you are taking antidepressants.

Storage instructions

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

Legal category

Food supplement.



Bromelain 1250 GDU

Enzyme Activity Level

Presentation

A white coated oval tablet.

Each tablet delivers:

Bromelain 500mg
Enzyme activity level: 1250 GDU*

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methyl Cellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

*GDU = gelatin-dissolving units.

quantity
60

type
tablets

code
8520



Uses

Bromelain, an enzyme derived from the stem of fresh pineapples, is probably best known for its use as a digestive aid, especially to assist in the digestion of fatty or high-protein meals. Recent research however, has turned many experts' attention to its use for helping sports people with sprains and strains. It is believed to inhibit the body's production of prostaglandins associated with inflammation and pain whilst promoting the formation of those with an anti-inflammatory action.

Bromelain can also work well when taken in conjunction with turmeric so many practitioners recommend taking the two products alongside each other. Bromelain appears to aid the absorption of curcumin, the active compound in turmeric.

This is one of the highest strength bromelain products available, providing 1250 GDU's (gelatin-dissolving units) per tablet. This is a measure of how active this naturally sourced enzyme really is and is therefore more relevant than the weight of bromelain. Watch out for some USA imports which overstate the GDU level per tablet on the front of the label (one described as 3000 GDU is actually 1000 GDU).

Usage and administration

If taking with a digestive supplement, take 1 tablet before each main meal up to a maximum of 3 per day. If taking with any other supplement (eg glucosamine, turmeric), take 3 tablets (1 between each meal) for one week. Thereafter, a maintenance dose of 1 tablet daily can be taken for 3 to 6 months. Do not exceed recommended daily dose.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Alpha Lipoic Acid 300mg

Thioctic acid

Presentation

A beige oval coated tablet.

Each tablet delivers:

Alpha Lipoic Acid 300mg
(also known as thioctic acid)

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking agents (Magnesium Stearate, Silicon Dioxide, Stearic Acid), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
90

type
tablets

code
8522



Uses

Alpha Lipoic Acid (ALA), also known as thioctic acid or simply lipoic acid, is a vitamin-like substance that has generated much interest in the last few years, especially with regards to both its ability to act as a powerful antioxidant and its role in energy production.

Since it is difficult to obtain therapeutic amounts of Alpha Lipoic Acid through the diet alone, supplementation has become popular and it is now widely recommended by practitioners, particularly for those patients worn down by oxidative stress.

Each tablet provides a full 300mg of Alpha Lipoic Acid, making it one of the most potent products on the market.

Usage and administration

Up to 2 tablets daily. For general antioxidant support a lower dose of 1 tablet daily may be used.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those suffering from diabetes should consult a doctor prior to taking alpha lipoic acid as it may enhance insulin activity.

Storage instructions

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

Legal category

Food supplement.



Quercetin 500mg

High Potency Flavonoid

Presentation

A yellow speckled oval tablet.

Each tablet delivers:

Quercetin 500mg

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid, Silicon Dioxide, Crosslinked Cellulose Gum, Magnesium Stearate.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8523



Uses

Quercetin is one of the most active flavonoids, with many medicinal plants owing much of their activity to their high quercetin content. It has been shown in experimental studies to have numerous effects on the body including the inhibition of both the production and release of histamine. Quercetin stabilises mast cells that release histamine, the principal mediator of reactions to pollen and other allergies, making it a natural antihistamine.

Quercetin is probably most well-known for its antioxidant action. Flavonoids like quercetin neutralise tiny particles called free-radicals; these particles cause damage to cells, proteins, and DNA, and are linked to aging and a range of diseases. More recent studies also demonstrate its potential for contributing to cardiovascular health.

Quercetin is found in many fruits and vegetables, with apples and onions contributing most to the typical UK diet. Each 500mg tablet provides significantly more quercetin than 1 kilo of apples.

- Potent antioxidant
- May help maintain cardiovascular health
- Influence on the production and release of histamine.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Beta Glucan Complex

Beta Glucans 1,3/1,6 with Vitamins D3 & C, Selenium and Zinc

Presentation

A clear coated cream speckled tablet.

Each tablet delivers:

Vitamin D3 (1000iu)	25µg
Vitamin C	150mg
Zinc (as Citrate)	10mg
Selenium (as Selenite)	110µg
Yeast (<i>Saccharomyces Cerevisiae</i>)	388mg
providing 1,3/ 1,6 beta glucans	250mg

Tableted with:

Cellulose, Dicalcium Phosphate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid), Antioxidant: dl alpha Tocopherol, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V)

quantity
60

type
tablets

code
8524



Uses

The immune system is a network of cells, tissues, and organs that work together to protect against germs and microorganisms. Now widely recommended by practitioners in this particular area of health are beta glucans 1,3/1,6, which are naturally occurring polysaccharides derived from the cell wall of *Sacchromyces Cerevisiae*.

Lamberts® Beta Glucan Complex is a high strength one a day product that provides a full 250mg of 1,3/1,6 beta glucans and is suitable for vegetarians. We have also included vitamin D3 at 25µg, 150mg of vitamin C plus 10mg of zinc and 110µg of selenium since all these nutrients are renowned for the role they play in supporting the immune system.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Co-Enzyme Q10

Ubiquinone

Co-Enzyme Q10 30mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 30mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Glyceryl Monostearate, Polysorbate 80.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
60 & 180

type
capsules

code
8531

Co-Enzyme Q10 100mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Sunflower Lecithin, Glyceryl Monostearate.

Disintegration time: Less than 30 minutes.



quantity
60

type
capsules

code
8533

Co-Enzyme Q10 200mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 200mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Sunflower Lecithin, Glyceryl Monostearate.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
60

type
capsules

code
8534

Co-Enzyme Q10

High Strength

Uses




Also known as ubiquinone, Co-Enzyme Q10 (often abbreviated to CoQ10) was first discovered in man by Lamberts® consultant Dr Len Mervyn. CoQ10 is a vitamin-like substance found within the mitochondria of every cell in the human body. It is the mitochondria that are responsible for extracting approximately 50% of the total energy from the food we eat. It is therefore not surprising to find the highest concentrations of CoQ10 in those organs, which have the highest energy requirements such as the heart muscle and liver, and in those tissues that regenerate quickly such as the gums.

A lack of CoQ10 has been associated with periodontal (gum) disease. Similarly it has been shown that heart patients and the obese tend to have low CoQ10 levels.

Whilst CoQ10 can be made in the body, production declines as we age. In fact, a lack of energy in older people may, in part, be connected with lower CoQ10 production in the body.

It has also been shown that cholesterol lowering drugs, called statins, reduce Co-Q10 levels in the body, so people taking statins are increasingly recommended to take a Co-Q10 supplement.

We use natural CoQ10, the form used in most studies and we present it dissolved in vegetable oil to aid absorption. We provide 3 different strengths of CoQ10: 30mg, 100mg or 200mg.

Usage and administration		
<p>Co-Enzyme Q10 30mg 1 to 3 capsules daily.</p> <p>Quantity 60 & 180 Type capsules Code 8531</p> 	<p>Co-Enzyme Q10 100mg 1 capsule daily.</p> <p>Quantity 60 Type capsules Code 8533</p> 	<p>Co-Enzyme Q10 200mg 1 capsule daily.</p> <p>Quantity 60 Type capsules Code 8534</p> 
<p>Allergen advice None (see page 194).</p>		
<p>Cautions This product is not recommended for pregnant or lactating women.</p>		
<p>Storage instructions To be stored in a cool, dry place and protected from light.</p>		
<p>Legal category Food supplement.</p>		

Ubiquinol 100mg

Reduced active form of CoQ10

Presentation

A black soft capsule.

Each capsule delivers:

Ubiquinol 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8535



Uses

Ubiquinol is the reduced active form of co-enzyme Q10 (ubiquinone). And like co-enzyme Q10, it is critical to the cellular ATP (energy) production cycle. Without the presence of both of these within the body's cells, cellular energy cannot be generated or sustained.

The only way to increase ubiquinol levels in the body was, until recently, from the conversion of it from co-enzyme Q10, which research has shown becomes increasingly difficult with age.

It has taken scientists over a decade to produce ubiquinol for use in supplements and now several years after this success, we are delighted to include it in the Lamberts® range.

Co-enzyme Q10 will continue to be an important supplement for many. The pre-converted form of co-enzyme Q10, ubiquinol, will however be of greater significance for those of 40 years plus, or those affected by age-related health conditions, due to its enhanced absorption.

Lamberts® Ubiquinol is derived from co-enzyme Q10 that is bio-identical to the co-enzyme Q10 produced within the body (some co-enzyme Q10 products are processed from bacteria or tobacco derivatives). Each easy to take, small capsule provides a full 100mg.

Usage and administration

2 capsules daily for the first 2 weeks. Thereafter, 1 capsule daily.

Allergen advice

None (see page 194).

Cautions

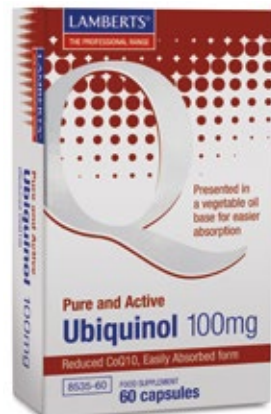
This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Pulse®

Pure Fish Oil 1300mg + CoQ10 100mg

Presentation

A black soft capsule.

Typically per 2 capsules:

Fish Body Oil Concentrate	1300mg
Providing Omega 3 fatty acids	1040mg
Eicosapentaenoic Acid (EPA)	715mg
Docosahexaenoic Acid (DHA)	286mg
Co-Enzyme Q10 (Ubiquinone)	100mg

Encapsulated with:

Antioxidant: Mixed Tocopherols, Capsule Shell (Gelatin, Glycerin),
Colour: Iron Oxide).

Disintegration time: Less than 30 minutes.

quantity
90

type
capsules

code
8536



Uses

Pulse® is a superior two a day formula providing Pure Fish Oil 1300mg and a full 100mg of Co-Enzyme Q10 (CoQ10). These capsules contain a concentrated fish oil which provides a full 1040mg of omega 3s per two capsules, making it one of the strongest available in the UK and is therefore widely recommended by practitioners. The fish oil undergoes a sophisticated purification process that ensures it is largely odour free, with levels of contaminants well below the strict EU maximum limits. The oil is then protected from oxidation while it is in the capsules by the inclusion of natural vitamin E (and CoQ10).

The most beneficial ingredients in fish oil are the two omega 3 fatty acids, EPA and DHA and our formula provides an impressive 715mg of EPA and 286mg of DHA per two capsules. EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Another nutrient that has been at the heart of research is CoQ10 and we have included a full 100mg per two capsules. This nutrient is often recommended as part of a heart health regime and to those on statins, the cholesterol lowering medicine that has been shown to deplete the body of CoQ10. We provide CoQ10 in its natural form.

Usage & Administration

Take 2 capsules daily.

Allergen advice

Contains fish

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Soya Lecithin 1200mg

Presentation

A soft brown capsule.

Each capsule delivers:

Soya Lecithin	1200mg
providing: Phosphatidyl Choline	272mg*
Phosphatidyl Inositol	176mg*

Encapsulated with:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxides), Soya Bean Oil.

Please note: Lecithin is a natural food material, therefore levels of its component compounds may vary.
*Levels quoted are average figures.

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8537



Uses

Lecithin, technically referred to as a phospholipid, is one of the richest natural sources of two important nutrients; choline and inositol. They are both lipotropic agents that play an important role in fat metabolism in the liver and the emulsification of fats in the body. Lecithin is a primary source of choline (one of the B vitamins) in the diet in the form of phosphatidylcholine. Once in the body this compound is broken down to release the choline.

Lecithin and choline are used in the body to build cell membranes and facilitate the movement of fats in and out of the cells. Choline is also a precursor of the neurotransmitter (brain chemical) acetylcholine, which is essential for normal brain activity.

These capsules provide a convenient way to supplement diets with extra lecithin, with each capsule containing 1200mg of pure, GMO free, soya lecithin.

- A rich source of choline
- Lecithin is a key component of bile
- May help to support the health of the liver.

Usage and administration

1 to 4 capsules daily.

Allergen advice

Contains Soya.

Cautions

None known at the recommended usage.

Storage instructions

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

Legal category

Food supplement.



Soya Lecithin Granules

Presentation

Light yellow granules.

Nutrition Information:

Typically	per 100g	per level tsp (7.5g) serving
Energy	2511kJ/610kcal	188kJ/46kcal
Fat	59.4g	4.5g
Of which		
Saturates	14.8g	1.1g
Monounsaturates	9.4g	0.7g
Polyunsaturates	32.6g	2.5g
Carbohydrate	18.6g	1.4g
Of which		
Sugars	2.0g	0.15g
Protein	6.1g	0.5g
Phosphorus	2960mg	222mg

Of the total fat

Total phospholipids	73%
as Phosphatidyl Choline	24%
Phosphatidyl Ethanolamine	21%
Phosphatidyl Inositol	14%

Please note: Lecithin is a natural food material and therefore the levels of its component compounds are variable, so the levels given here are average figures.

Suitable for vegetarians  and vegans 

quantity
250g

type
powder

code
8538



Uses

Lecithin is one of the richest natural sources of two important nutrients: choline and inositol. They are both lipotropic agents that play an important role in fat metabolism in the liver and the emulsification of fats in the body. Choline is also a precursor of the neurotransmitter (brain chemical) acetylcholine, which is essential for normal brain activity.

Usage and administration

(A level tablespoon = 7.5g) 1 to 2 level tablespoons daily.

The granules can easily be sprinkled onto cereals, stirred into fruit juices or added to soup without affecting the flavour.

Allergen advice

Contains Soya.

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place. Lecithin granules are a perishable food and are best used within 6 weeks of opening.

Legal category

Food supplement.



Phosphatidyl Serine 100mg

With Zinc

Presentation

A yellow oval coated tablet.

Each tablet delivers:

Phosphatidyl Serine	100mg
Zinc (as Oxide)	5mg

Tableted with:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Zinc Oxide).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8539



Uses

Lamberts® Phosphatidyl Serine uses the highest quality, pure phosphatidyl serine (PS) derived from soya. As a phospholipid high concentrations of PS are found in brain and nerve cell membranes and maintaining these delicate structures is essential for normal neurotransmission. Unfortunately, modern diets especially that of the low fat or vegan type can deprive the body of sufficient PS levels. Consumption is thought to have dropped from an average 250mg to between 100-180mg daily.

Zinc is also included in the formula as this has been shown to contribute to normal cognitive function. Research has shown that the elderly population suffer the highest rates of cognitive deterioration, in particular memory.

Recommend to adults of all ages striving to maintain normal cognitive function.

Usage and administration

3 tablets daily for the first 4 weeks, thereafter, 1 tablet daily for maintenance purposes. These tablets are best taken with a meal.

Allergen advice

Contains Soya.

Cautions

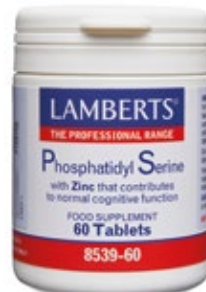
This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Silica 200mg

From Bamboo Gum

Presentation

White, crystalline powder in a clear hard capsule.

Each capsule delivers:

Powdered Bamboo Gum	266mg
Providing	
Silica	200mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Bulking Agent (White Rice Powder), Anti-caking Agent (Magnesium Stearate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
90

type
capsules

code
8544



Uses

Whilst silica (silicon dioxide) is only found in trace amounts in the human body, it is present in almost every tissue and is essential for cell growth. It is especially concentrated in the hair, nails and connective tissues such as the skin.

Silica contributes to the structure and resilience of connective tissue and appears to have an important role in the synthesis of bone and cartilage collagen.

Lamberts® Silica is derived from bamboo gum.

- A natural source of silica
- Higher strength than other silica products
- Often recommended for skin health
- May have a role to play in joint health.

Usage and administration

1 to 3 capsules daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Silica Complete

Silica 200mg and MSM 300mg with key nutrients

Presentation

A white speckled oval tablet.

Each tablet delivers:

Vitamin C	40mg
Biotin	50µg
Zinc (as Citrate)	5mg
MSM (Methylsulphonylmethane)	300mg
Powdered Bamboo Extract	266mg
Providing Silica	200mg

Tableted with:

Cellulose, DiCalcium Phosphate, Silicon Dioxide, Stearic Acid, Magnesium Stearate, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8545



Uses

This unique formula is probably the most comprehensive supplement for hair, skin and nails available.

Just one tablet provides the full 200mg of silica. We use naturally derived silica from bamboo gum as it contains 75% organic silica and is one of the richest and most bioavailable forms.

In addition to this, MSM (Methylsulphonylmethane), a natural sulphur containing compound, has been included as it is an essential nutrient required for the body's production of proteins, many of which are found in hair, skin and nails.

To complete the formula for optimal skin, hair and nail health, we have also added:

- Biotin as it contributes to the maintenance of normal hair and skin
- Zinc as it contributes to the maintenance of normal skin, hair and nails
- Vitamin C as it contributes to the maintenance of normal collagen production.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Antioxidant Complex

Providing 10,000 ORAC units

Presentation

A green coated oval tablet

Each tablet delivers:

ORAC Blend 725mg
(from Green Tea Leaf, Grape Seed,
Rosemary Leaf Extracts)

Providing 10,000 ORAC (Oxygen Radical Absorbance Capacity) units which have become an accepted industry standard to compare the effectiveness of each antioxidant.

Encapsulated with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8587



Uses

Many useful antioxidants are nutrients that we obtain from our food. Increasingly the effectiveness of each antioxidant is being measured in Oxygen Radical Absorbance Capacity (ORAC) units for comparison, which have become an accepted industry standard.

Lamberts® Super Strength Antioxidant Complex contains a powerful combination of plant antioxidants which we have purposely selected on their high polyphenol content. Interestingly, certain plant phenolic compounds appear to be more effective antioxidants than vitamins C and E.

This unique ORAC blend, unrivalled in terms of its antioxidant content, is a great formula to help the body defend itself against free radicals. These are damaging molecules that arise in the body from everyday activities such as exposure to air pollution and sunlight. Just one tablet provides an impressive 10,000 ORAC units.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Artichoke 8000mg (formerly Ibisene)

High Strength Artichoke Extract

Presentation

A pale green oval coated tablet.

Each tablet delivers:

Artichoke	8000mg
(as 320mg of a 25:1 extract) providing Cynarin	16mg

Tableted with:

DiCalcium Phosphate, Microcrystalline Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide, Curcumin, Copper Chlorophyllin & Iron Oxide, Glycerin), Silicon Dioxide, Magnesium Stearate, Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
180

type
tablets

code
8558



Uses

Artichoke's use as a herb was first documented in the 4th century BC. The herb belongs to the plant family, Asteraceae that includes the milk thistle. Also known as globe artichoke, the plant produces large purple and green flower heads and is distinct from Jerusalem Artichoke, the edible root vegetable.

Traditionally, artichoke has been used to help ease the discomfort in the upper abdomen or lower chest experienced by some people after eating. Modern research has led to practitioners extending its use to patients experiencing disrupted bowel health, and for those with impaired fat digestion.

It is the leaves of the artichoke plant that contain the active compounds, the most important one being cynarin. Lamberts® Artichoke 8000mg is a high potency artichoke extract standardised upon 5% cynarin, to give a relevant level of 16mg cynarin per tablet.

Usage and administration

1 to 2 tablets daily.

Note: Artichoke extract can also be used (2 tablets) prior to a fatty meal to encourage digestive ease.

Allergen advice

None (see page 194).

Cautions

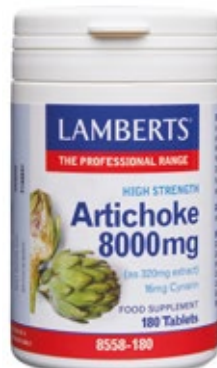
This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Ashwagandha 6000mg

(as 300mg extract)

Presentation

A beige powder in a clear hard shell capsule.

Each capsule delivers:

Vitamin C	40mg
Zinc	5mg
Ashwagandha (as 300mg of a 20:1 extract)	6,000mg
Providing	
Withanolides	15mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Magnesium Stearate & Silicon Dioxide), Bulking Agent (White Rice Powder).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8576



Uses

Ashwagandha, also known as Indian Ginseng, has been used since ancient times and there are hundreds of studies by medical researchers who have been studying ashwagandha for years with great interest. Lamberts® Ashwagandha combines the important properties found in the herb together with added vitamin C and zinc, for the normal function of the immune system.

We use a full spectrum root only extract since this has been the focus over thousands of years of traditional use and is consistent with published studies. The raw material undergoes a sophisticated screening process prior to manufacturing (in line with all our herbs), to ensure that the material meets our strictest quality standards. Sadly, this is not true of all ashwagandha supplements, where roots are often mixed with aerial parts (for which the traditional indication was as a topical application) and other plant parts. Many of these products do not meet their label claim and in some cases, they contain high levels of contaminants.

The active compounds, called withanolides, are included at their optimum level, of 5%, which is a full 15mg per capsule. This is consistent with published studies and a level much higher than many are claiming for their daily dose.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Astaxanthin 8mg

Plus Natural Vitamin E

Presentation

An oval opaque red capsule.

Typically per 2 capsules:

Vitamin E	24mg
Astaxanthin	8mg
Provided by <i>Haematococcus pluvialis</i> Extract	

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Glycerol, Modified Corn Starch, Gelling Agent: Carrageenan, Colour: Iron Oxide, Acidity Regulator (Sodium Carbonate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
30

type
capsules

code
8519



Uses

This amazing carotenoid is one of nature's most potent antioxidants, being closely related to other carotenoids such as zeaxanthin and lutein. We use a natural material derived from the freshwater green algae, *Haematococcus pluvialis*, in the natural 3S - 3'S form. Synthetic astaxanthin is Rs-3S or RS-R'S and whilst it is cheaper, it is not known if this is active or safe.

The algae we use is cultivated in a climate-controlled environment, in a closed system in the Arava desert. The 3-month cultivation process mimics astaxanthin accumulation in nature and produces an exceptionally pure and high-quality microalgae when compared to the astaxanthin grown in outdoor ponds. The extraction process uses supercritical CO₂ extraction technology which avoids excess heat and ensures a solvent-free product. It is more environmentally friendly being solar panel driven and because they use their own water recycling plant.

Two capsules deliver a full 8mg of natural, active astaxanthin, a level comparable with published studies. Plus, natural vitamin E, which contributes to the protection of cells from oxidative stress.

Usage and administration

2 capsules daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Cinnamon 2500mg

High Strength (as 100mg of extract)

Presentation

A pale green oval coated tablet.

Each tablet delivers:

Cinnamon Bark 2500mg
(Provided by 100mg of a 25:1 extract)

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Colours: Curcumin, Copper Chlorophyllin, Iron Oxide), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8572



Uses

Cinnamon has been used for thousands of years to help calm digestive problems. And recent research indicates that cinnamon may also help the body to maintain a more even balance of its energy reserves between meals.

When using herbs and spices in Lamberts® formulas, we always ensure that we use the correct species and the relevant part of the plant. This is why we have specifically used cinnamon bark since it is the bark, as opposed to the oil, that is principally documented for cinnamon's actions. And we've used the same potency of cinnamon extract as the levels used in scientific studies of note but this sadly is not true of all cinnamon products on the market today.

Recent research indicates that cinnamon may help the body to maintain a more even balance of its energy reserves between meals.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Cranberry Tablets 18,750mg & Cranberry Complex Powder

Presentation

A pink oval coated tablet.

Each tablet delivers:

Vitamin C	40mg
Cranberry (provided by 375mg of a 50:1 extract)	18,750mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 



quantity
60

type
tablets

code
8552

Presentation

A pink soluble sugar free powder.

Each 5 grams delivers:

Vitamin C	60mg
Cranberry Powder	2470mg
Fructo-Oligosaccharides (FOS)	2470mg

Suitable for vegetarians  **and vegans** 



quantity
100g

type
powder

code
8556

Usage and administration

Cranberry Tablets 18,750mg

1 tablet daily.

Cranberry Complex

5 to 10 grams daily.

5 grams is equivalent to 1 teaspoon.

Sprinkle the powder into cold water or fruit juice and mix thoroughly. The powder may be taken safely on a long term basis, used intermittently as and when desired.

Allergen advice

None (see page 194).

Cautions

None known at recommended usage.

Storage instructions

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

Legal category

Food supplement.

Uses

Cranberries have long been known to women for the health of the urinary system. However, cranberry juice is very sharp to the taste and consequently many commercial cranberry drinks are often laden with sugar and high in calories.

Colladeen® Derma Plus

High Potency Anthocyanidins with Green Tea and Lutein plus Vitamins

Presentation

A pink oval coated tablet.

Two tablets deliver:

Anthocyanidins/Proanthocyanidins (from extracts of Grapeseed and Bilberry)	320mg
Green Tea Leaf (as 50mg extract)	500mg
Providing:	
Total polyphenols with 4-7% epigallocatechin gallate	25mg
Lutein Complex	30mg
Providing	
Lutein	6mg
Zeaxanthin	300µg
Vitamin C	40mg
Niacin (Vitamin B3)	8mg
Biotin	25µg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8546



Uses

Anthocyanidins (and proanthocyanidins) are the natural pigments that are responsible for the rich blue and red colours of fruits and berries. Anthocyanidins have been the focus of considerable scientific research, which confirms that these compounds are important constituents of a healthy diet.

Colladeen® Derma Plus provides a particularly rich source of these natural source plant extracts (from grape seed and bilberries), alongside green tea leaf and a full 6mg of pure free-form lutein. It also includes vitamin C, which plays a role in normal collagen formation, together with niacin and biotin - all of which support the maintenance of normal skin.

A 12 week study showed that taking Colladeen® Derma Plus over this period builds a natural SPF of 10. Furthermore, a natural SPF of 15 was developed after a 24 week period of continual use. Wrinkles and fine lines were reduced and skin elasticity improved.

- Use as part of a skin health programme
- Can be used in conjunction with multis and omega 3s
- Suitable for people who are sensitive to the sun.

Usage and administration

2 tablets daily. These can be taken together or in divided doses.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Whilst this product may reduce the damage caused by sunlight, normal precautions should still be taken.

Storage instructions

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

Legal category

Food supplement.



Maximum Strength Colladeen®

High Potency Anthocyanidins

Presentation

A pink round coated tablet.

Each tablet delivers:

Anthocyanidins (from extracts of Grapeseed and Bilberry)	160mg
Vitamin C	20mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8547



Uses

Natural plant anthocyanidins are a group of components found in dark skinned fruits. Scientists studying these particular plant derivatives have focused much of their work around the role they play in helping to support collagen. Collagen is the most abundant protein in the body - it is the protein that forms connective fibres in tissues such as skin, ligaments, cartilage, muscles and capillaries. The research shows that anthocyanidins can help to reinforce and preserve collagen in the body.

There are many health problems that can result from compromised or weakened collagen, including worn joints, easy bruising and non-medical fluid retention resulting from 'leaky' capillary walls. So knowing that the materials found in Maximum Strength Colladeen® help build and restore collagen makes it an invaluable addition to many supplement regimes. Furthermore, it contains Vitamin C, which also supports normal collagen formation and the normal functioning of blood vessels, cartilage and skin.

Maximum Strength Colladeen® is one of the richest sources of anthocyanidins on the market, providing a full 160mg of anthocyanidins (from extracts of grapeseed and bilberries) per tablet. It is currently used by 70% of Lamberts® practitioners and is the top selling anthocyanidin product in the UK.

Usage and administration

2 tablets daily, 1 in the morning and 1 in the evening, for the first two months.

Thereafter, for maintenance purposes, 1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Curcumin Ultra

One-a-day Turmeric Extract

Presentation

An orange coated oval tablet.

Each tablet delivers:

CurcuWIN®	500mg
providing:	
Curcuminoids	100mg

Tableted with:

Bulking Agents: (DiCalcium Phosphate, TriCalcium Phosphate and Povidine), Crosslinked Cellulose Gum, Antioxidant: (Mixed Tocopherols), Anti-Caking Agents: (Magnesium Stearate & Silicon Dioxide), Glazing Agents: (Hydroxypropyl Methylcellulose & Hydroxypropyl Cellulose), Colours: (Titanium Dioxide & Riboflavin), Polypropylene Glycol.



quantity
30 & 60

type
tablets

code
8590

Disintegration time: Less than 1 hour.

Suitable for vegetarians **and vegans**

Uses

Lamberts® Curcumin Ultra contains a technically advanced turmeric extract that has been specially prepared to greatly increase its absorption from the digestive system.

One established problem with curcumin is that it does not easily dissolve in water and it is this feature of the compound that is believed to significantly limit the amount that can be absorbed from our digestive systems. For this reason a number of turmeric extracts with 'enhanced absorption' have been developed and this product contains one of these called CurcuWIN®.

CurcuWIN® is manufactured utilising proprietary UltraSOL™ technology. This is a molecular dispersion process that enhances the bioavailability of poorly absorbed nutrients and increases water dispersibility of fat soluble ingredients such as curcumin.

Importantly, another benefit of CurcuWIN® is that it provides the curcuminoids in the same profile as they are naturally found in turmeric.

In your practice, Curcumin Ultra can be used in any situation that you are currently recommending turmeric for, with the huge advantage of being 46 times better absorbed than standard turmeric. It can be taken on a long term basis as the nutrients provided by the formula are at safe levels.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Eyewise®

With Lutein, Bilberry, Grapeseed and Blackberry

Presentation

A red/brown oval coated tablet.

Each tablet delivers:

Riboflavin (Vitamin B2)	0.7mg
Zinc	5mg
Lutein Complex	100mg
Providing	
Lutein	20mg
Zeaxanthin	1000µg
Bilberry (provided by 50mg of a 4:1 extract)	200mg
Blackberry	200mg
(provided by 62.6mg of a 3.2:1 blackberry fruit powder)	
Grape Seed (provided by 10mg of a 50:1 extract)	500mg

quantity
60

type
tablets

code
8581



Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

Much interest has been generated in the last few years regarding the two carotenoids, lutein and zeaxanthin since evidence is mounting that increased consumption of both of these (most notably lutein) may help maintain healthy vision as we age.

Lutein is a yellow carotenoid that is not made in the body, and so it has to be obtained from the diet or through supplements. Like all carotenoids, lutein is an antioxidant, and since it is found in the macula of the eye, it may protect the macula tissue from harmful oxidation by quenching free radicals. The reason that this is of such importance is that it is the macula that is responsible for detailed vision. Furthermore, lutein has also been shown to filter high-energy blue light that can damage the macula.

Eyewise® provides a full 20mg of lutein (pure, free-form) per tablet, making our product one of the strongest on the market. It also contains bilberry, blackberry and grapeseed (as concentrated extracts), since they all have potent antioxidant properties and are renowned for eye health. Plus the mineral zinc and B vitamin riboflavin, both of which are known to contribute to the maintenance of normal vision and to the protection of cells from oxidative stress.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women

Storage instructions

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

Legal category

Food supplement.



Eyewise® Omega 3

High Strength Lutein 20mg plus Omega 3s and Vitamin D3

Presentation

An oval red/brown soft capsule.

Each capsule delivers:

Fish Body Oil Concentrate	626mg
providing Omega 3 Fatty Acids	356mg
of which	
Eicosapentaenoic Acid (EPA)	56mg
Docosahexaenoic Acid (DHA)	250mg
Lutein	20mg
Zeaxanthin	1mg
Vitamin D3	5µg

Encapsulated With:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide).

Disintegration Time: Less than 30min.



Certified from sustainable fisheries
www.friendofthesea.org

quantity
60

type
capsules

code
8582



Uses

This unique high potency, one-a-day formula is a combination of lutein, zeaxanthin and omega-3 fatty acids from pure fish oil, plus natural vitamin D3.

We have included a full 20mg of pure 'free-form' lutein that is ready to be absorbed, as well as zeaxanthin. Lutein and zeaxanthin are carotenoids that are not made in the body, and so they must be obtained from the diet, most notably from green leafy vegetables. In plants, lutein is produced to help protect the cell contents from damage by sunlight. Our bodies can use lutein in the same way as it is deposited in the macula where it filters out the harmful wavelengths in sunlight that can damage the delicate light receptor cells of the macula. Like all carotenoids, lutein is an antioxidant, and it is therefore believed to play a role in protecting the macula tissue from the damage caused by harmful free radicals.

Numerous studies indicate that omega-3 fatty acids, may also be especially important in preserving and maintaining healthy eyes, especially as we age. We have included a full 356mg of omega 3s per capsule, including 250mg of DHA which contributes to the maintenance of normal vision. Moreover, the pure fish oil we use is certified from sustainable fisheries.

It's becoming common knowledge that vitamin D is important for far more than bone health. Indeed, there is now emerging evidence from studies that links vitamin D with eye health. Eyewise® Omega 3 provides natural vitamin D3 at 100% of the Nutrient Reference Value (NRV) for adults.

Usage and administration

1 capsule daily.

Allergen advice

Contains fish.

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Fenugreek 8000mg

With a guaranteed level of 50% saponins

Presentation

A clear coated brown speckled tablet.

Each tablet delivers:

Fenugreek Seed	8000mg
(as 500mg of a 16:1 extract)	
Providing	
Saponins	250mg
Chromium	20µg
(as Picolinate)	

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8564



Uses

Fenugreek (*Trigonella foenum-graecum*) is a clover-like herb native to the Mediterranean region, southern Europe, and western Asia. Whilst the leaves are edible, it is their small brown seeds that have traditionally been used in medicine.

Each tablet of Lamberts® Fenugreek contains a 500mg seed extract with a guaranteed level of 50% saponins. Several trials have looked to understand various health benefits of fenugreek seeds including: antidiabetic effect, hypocholesterolemic influence, antioxidant potency and digestive stimulant action. Whilst further research is required to determine the antidiabetic and hypocholesterolemic properties of fenugreek, it is evident that the herb has a promising nutraceutical value.

Fenugreek appears to slow absorption of sugars in the stomach and stimulate insulin. Both of these effects could lower blood sugar in people with diabetes. In addition, our formula includes 20µg chromium which contributes to the maintenance of normal blood glucose levels and macronutrient metabolism.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Garlic 8250mg

Providing an allicin potential of 5500µg

Presentation

A beige oval speckled clear coated tablet.

Each tablet delivers:

Concentrated Garlic Powder	5500mg
(equivalent to 8250mg of fresh garlic)	
Allicin Potential	5500µg

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8585



Uses

The active ingredients in garlic are believed to be the many sulphur containing compounds, one of which is alliin, which is converted to allicin when the garlic is chewed or crushed. It is allicin that gives garlic its characteristic smell, and is believed to be the compound responsible for the health benefits of garlic.

Garlic is traditionally used for cardiovascular health with evidence that it may help to maintain normal cholesterol levels in the circulation, when part of a healthy low fat diet. Studies have also shown that it has significant anti-fungal activity and has become popular with many practitioners as part of a diet and supplement regime targeting Candida.

Lamberts® Garlic 8250mg are high potency tablets which are carefully formulated to ensure the 'allicin potential' is preserved, whilst the special coating reduces the garlic odour. Each tablet contains a level of garlic, equivalent to 8250mg of fresh garlic, with an allicin potential of 5500µg. The garlic used in these tablets is significantly closer to the nutritional profile of natural, raw garlic than many low priced 'high street' brands of garlic.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended dosage.

Storage instructions

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

Legal category

Food supplement.



Ginger Capsules

120mg of concentrated standardised extract

Presentation

An oval opaque red/brown soft capsule.

Each capsule delivers:

Fresh Ginger Root 14,400mg
(provided by 120mg of a 120:1 extract)
Standardised to 24mg gingerols

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan,
Colour: Iron Oxide, Acidity Regulator: Sodium Carbonate), Sunflower Seed Oil,
Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8565



Uses

This versatile root has an incredible range of applications that have proved useful to mankind. Ginger is known to be a carminative, which means that it can help release excessive gases from the digestive system. Some practitioners have found that ginger is useful for other gastrointestinal complaints, such as the discomfort in the upper abdomen experienced by some people after eating.

More recently Ginger has been used as an aid to headache sufferers*; possibly as a result of its mild blood-thinning properties and is soaring in popularity with practitioners for use in helping maintain healthy joints.

At Lamberts®, we use a standardised extract that has the active ingredients of ginger concentrated down to a dark rich paste that is dissolved into sunflower oil and supplied in capsules. Using this method ensures that the active constituents such as the gingerols and zingerone are preserved. It takes over 14 grams of fresh ginger root to produce 120mg of ginger extract, the amount found in just one of our capsules!

*Undiagnosed headaches should always be investigated by a GP.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Ginkgo 6000mg

Time Release, Extra High Strength One a Day

Presentation

A light brown round clear coated tablet.

Each tablet delivers:

Ginkgo Biloba leaves (Provided by 120mg of a 50:1 extract) providing Flavonglycosides	6000mg 28.8mg
Ginkgolides A, B and C and Bilobalide	7.2mg

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose & Glycerin), Crosslinked Cellulose Gum.

Disintegration time: These time release tablets have been formulated to release their contents gradually over a period of 2 to 3 hours.

Suitable for vegetarians  **and vegans** 

quantity
60 & 180

type
tablets

code
8542



Uses

Ginkgo biloba, sometimes just referred to as 'ginkgo', is probably the most popular herb in the world, with millions of people using it throughout Europe and North America.

Of its many uses, the herb is best known for its effect in helping maintain peripheral circulation to the extremities of the body such as the legs and hands, as well as helping maintain memory in the short-term.

Virtually all of the reported studies using Ginkgo biloba have been carried out with a standardised extract called GBE, containing 24% glycosides, which is the material used in Lamberts® Ginkgo biloba 6000mg. Lamberts® favours standardised extracts since the extraction and concentration procedures ensure that the herbal product is far more potent than those products based on powdered whole herb, where no attempt is made to concentrate the active components.

Lamberts® Ginkgo biloba 6000mg is one of the highest strength products available in the UK.

Each tablet contains 120mg extract, equivalent to 6000mg of dried leaf. After consulting with some of the leading experts working with Ginkgo, we decided to make our Ginkgo biloba 6000mg tablets time release so that rather than the Ginkgo entering the blood all at once, it is released gradually over a period of approximately 2 hours. This will help prevent any minor side effects, such as mild, short-term headaches.

Usage and administration

1 tablet daily, just after a meal.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Ginkgo supplements. See page 194.

Storage instructions

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

Legal category

Food supplement.



Green Tea 5000mg

(as 500mg extract)

Presentation

A green oval coated tablet.

Each tablet delivers:

Green tea leaf (<i>Camellia sinensis</i>) (as 500mg extract)	5000mg
Providing:	
Total polyphenols	250mg
with 4-7% epigallocatechin gallate	
L-Theanine	10mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8580



Uses

Green Tea (*Camellia sinensis*) is believed to gently increase our metabolic rate (our body's ability to convert food into energy) and for this reason has soared in popularity with those watching their waistlines. It is also a powerful antioxidant and free radical scavenger. These effects are as a result of compounds known as catechins (polyphenols) found in high quality green tea leaf extracts.

Lamberts® Green Tea extract has been sourced from one of the world's most sophisticated suppliers and is of the highest quality, containing the correct balance of actives. Our product not only provides a full 250mg of catechins from whole green tea leaves but also provides the important compound L-Theanine.

One tablet is equivalent to around 1/2 litre of traditionally brewed green tea without all the fuss and inconvenience.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

Naturally contains caffeine (25mg to 40mg/tablet). This product is not recommended for pregnant or lactating women or children.

Storage instructions

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

Legal category

Food supplement.



Horse Chestnut Complex

With Butchers Broom & Grape Seed Extracts plus Rutin

Presentation

A pink/brown oval coated tablet.

Each tablet delivers:

Horse Chestnut (provided by 57mg of a 5.2:1 extract)	300mg
Grape Seed (provided by 3mg of a 83:1 extract)	250mg
Butcher's Broom (provided by 38mg of a 3:1 extract)	112mg
Rutin	50mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8551



Uses

Lamberts® Horse Chestnut Complex is a unique formula that combines 4 herbs in just one tablet.

Horse Chestnut (*Aesculus hippocastanum*) Seed is included at a full 300mg in this formula standardised to 20% aescin. It has a long history of use in traditional herbal medicine and is widely recommended by practitioners today. Butcher's Broom (*Ruscus aculeatus*) is a native Mediterranean plant that is well regarded as a suitable partner to horse chestnut seed and we have added a significant 112mg.

Extracts of the seeds of European grapes contain one of the richest sources of anthocyanidins, from the bioflavonoid family, and we have incorporated a 95% polyphenol grape seed extract in our product. Anthocyanidins have been identified as being particularly active in supporting and repairing collagen rich structures in the body. Collagen is manufactured in the body and has many roles including being a structural part of capillaries, veins and arteries. When collagen becomes weakened, this can give rise to health problems associated with damage to blood vessel walls. Like anthocyanidins, rutin is one of the most well-known bioflavonoids and this has also been included in Lamberts® Horse Chestnut Complex.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Korean Ginseng 1200mg

(Panax Ginseng)

Presentation

A green round coated tablet.

Each tablet delivers:

Dry extract equivalent to:	
Korean Ginseng Root (Panax Ginseng)	1200mg
(as 120mg extract)	
providing Ginsenosides	24mg

Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8555



Uses

Korean Ginseng, sometimes referred to as Chinese, Asian or Panax Ginseng, has been used in Chinese medicine for thousands of years. The part of the plant used is the slow growing root which is harvested after four to six years. Traditionally Korean Ginseng has been used to improve well-being, especially in the over 50's and is now one of the most extensively studied herbs in use today. Korean Ginseng is often recommended to improve energy levels due to its mild stimulatory properties; however researchers have also focused on other potential aspects such as its influence on immunity and blood sugar levels. The main active ingredients in Korean Ginseng are found in the root and include more than 20 compounds classified as ginsenosides. Lamberts® Korean Ginseng contains 1200mg of Korean Ginseng root in the form of a concentrated 120mg extract, with a guaranteed 24mg of ginsenosides. The worldwide market for this herb is huge and there are very significant differences in the quality and purity of the raw materials on offer. Lamberts® insist on rigorous quality tests in the UK to ensure the potency and purity of the ginseng used in this product.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Milk Thistle 3000mg

Premium Grade (as 100mg extract)

Presentation

A light brown speckled round clear coated tablet.

Each tablet delivers:

Milk Thistle (as 100mg extract)	3000mg
Providing Silymarin	80mg

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8589



Uses

It takes a full 3 grams of whole milk thistle herb to produce 100mg of milk thistle extract, the amount found in just one of our tablets. We use a standardised extract from mature seeds, with a guaranteed level of 80mg silymarin per tablet.

Silymarin is the active principle from the fruit of milk thistle (*Silybum marianum*). Milk thistle is one of the most extensively studied herbs in use today, with over 300 scientific studies on its chemistry and application, and is widely recommended by practitioners.

Our convenient one a day Milk Thistle tablets are suitable for vegetarians and they are made in the UK to pharmaceutical standards of GMP.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Plant Sterols 800mg

Up to 80% beta-sitosterols*

Presentation

An oval white speckled clear coated tablet.

Each tablet delivers:

Plant Sterols 800mg
(providing up to 80% beta-sitosterols*)

*The relative levels of individual sterols are subject to natural variation.

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

quantity
60

type
tablets

code
8583



Uses

Plant Sterols are naturally present in vegetable oils and grains, and have been shown to be vitally important for maintaining healthy cholesterol levels at an intake of at least 800mg/day. In structure, plant sterols are similar to cholesterol and they have been shown to benefit health by partially blocking cholesterol from being re-absorbed from the gut. Cholesterol is naturally secreted in bile to aid digestion and then reabsorbed further down the gut. By blocking this re-absorption of cholesterol, plant sterols can have a positive effect on blood cholesterol levels, even if a low cholesterol diet is being consumed.

Modern diets tend to be low in plant sterols, and so increasingly foods such as margarine are being fortified with sterols. These fortified foods can make a contribution to the daily intake of sterols but achieving an optimum intake by this means may not suit everyone.

These tablets provide a full 800mg of plant sterols and can be added to diet regimes with no effect on the daily calorie intake.

Usage and administration

1 tablet daily or as directed by practitioner. Total dietary intake of plant sterols should not exceed 3g/day.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Seek medical advice if taking cholesterol-lowering medication.

Storage instructions

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

Legal category

Food supplement.



Prostex[®]

320mg of beta sitosterols per 2 tablets

Presentation

A green oval coated tablet.

Two tablets deliver:

Vitamin D3	10µg	Glycine	140mg
Vitamin E	68mg	L-Glutamic Acid	140mg
Vitamin C	300mg	L-Alanine	140mg
Thiamine (Vitamin B1)	10mg	Beta Sitosterols	320mg
Riboflavin (Vitamin B2)	10mg	Quercetin	50mg
Zinc (as Citrate)	15mg		

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Magnesium Stearate, Silicon Dioxide, Crosslinked Cellulose Gum, Glycerin.

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
90

type
tablets

code
8575



Uses

This formula provides a full 320mg of actual beta sitosterols per 2 tablets and we use the highest quality available.

It also contains 10µg of vitamin D3 per daily dose, since it plays an important role in the normal function of the immune system and healthy inflammatory response.

Zinc, which contributes to the maintenance of normal testosterone concentrations in the blood is included at 15mg. Plus both the vitamins C and E have been included which, like zinc, contribute to the protection of cell constituents from oxidative damage.

Prostex[®] also includes three important amino acids – alanine, glycine and glutamic acid, as well as a relevant level of the bioflavonoid, quercetin.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Pycnogenol® 40mg

Pine Bark Extract

Presentation

A pink/brown powder in a clear hard shell capsule.

Each capsule delivers:

Pycnogenol
(Pine Bark Extract) 40mg

Encapsulated with:

Bulking Agent (White Rice Powder), Capsule Shell (Hydroxypropyl Methylcellulose),
Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8550



Uses

Pycnogenol® is an extract from the bark of the Maritime Pine. Proanthocyanidins, a sub-group of the flavonoid family of plant compounds, are the key constituents in Pycnogenol®.

Pycnogenol® first came to be researched by Dr Jack Masquelier of the University of Bordeaux, France, after he read of an unknown substance being used successfully by members of his expedition. His research focused on the proanthocyanidins in Pycnogenol®, which are known to have significant antioxidant effects. In vitro assays show Pycnogenol® has powerful antioxidant properties like those of Vitamins C and E.

As a consequence of Dr Masquelier's findings, he developed the pine bark extraction process and was awarded an U.S. patent for the use of Pycnogenol® as a free radical scavenger.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children or pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Refreshall®

Ginkgo Biloba, Lemon Balm, Sage and Rosemary Plus Vitamins and Minerals

Presentation

A green coated oval tablet.

Two tablets deliver:

Ginkgo Biloba (provided by 120mg extract)	6000mg
Lemon Balm (provided by 50mg extract)	1000mg
Sage (provided by 200mg extract)	1000mg
Rosemary (provided by 20mg extract)	100mg
Thiamin	0.55mg
Vitamin B12	1.25ug
Pantothenic Acid	3mg
Iodine	50ug

quantity
120

type
tablets

code
8543



Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

Ginkgo's potential as a preventative for age-related memory loss has been the focus of a great deal of research of late since it has been shown that it may help maintain memory in the short-term. Refreshall® is a high potency product that, at two tablets daily, provides the full 6000mg of ginkgo that studies have confirmed as an effective dose. We use the same premium quality ginkgo in Refreshall® as we do our straight ginkgo product and VeinTain®.

Lamberts® Ginkgo is the highest quality available and we insist on a raw material that has low levels of an unwanted compound called ginkgolic acid. No-one else in the UK insists on this grade except in Germany where it is the only one permitted.

Whilst ginkgo is probably the herb most associated with memory, there are several others that are also well regarded in this area including lemon balm, sage and rosemary. So in addition to ginkgo, we have added all 3 of these to Refreshall® together with selected B vitamins and iodine known to contribute to normal neurological and psychological functions and normal mental performance.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Ginkgo supplements. See page 194.

Storage instructions

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

Legal category

Food supplement.



Rhodiola Rosea

Providing 3% Rosavins

Presentation

A grey coated tablet.

Two tablets deliver:

Rhodiola Rosea 500mg
(provided by 125mg of a 4:1 extract)
providing 3% Rosavins

Tableted With:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8579



Uses

Rhodiola Rosea, also known as Golden root or Roseroot, is one of 50 different species of rhodiola and it is this species that is both widely used and trusted, with a long tradition of use.

Rhodiola Rosea is thought to contain a variety of potentially active compounds, the most talked about being the rosavins. Lamberts® Rhodiola Rosea extract is equivalent to 500mg of Rhodiola Rosea with a guaranteed level of 3% rosavins per 2 tablets.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Rosehip 10,000mg

Providing 250mg of Vitamin C

Presentation

A beige oval coated tablet

Each tablet delivers:

Rosehip	10,000mg
(as 500mg of a 20:1 extract)	
providing Vitamin C	250mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8549



Uses

Rosehip has been prized by herbalists for centuries. Our product is one of the UK's strongest with 500mg of standardised rosehip extract per tablet, from 10,000mg of dried rosehips, which is a level that is consistent with published studies of note. We achieve this by careful sourcing of the finest grade raw material.

Rosehips are a naturally rich source of vitamin C, which contributes to normal collagen formation and the normal function of cartilage, gums, skin and blood vessels, as well as the normal function of the immune system.

- 10,000mg of rosehips (as 500mg of a 20:1 extract)
- 250mg vitamin C per tablet
- Taste free coated tablets
- Suitable for vegetarians and vegans
- Made in the UK.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.



Sage 2500mg

(as 500mg extract)

Presentation

A green oval coated tablet.

Each tablet delivers:

Sage 2500mg
(provided by 500mg of a 5:1 extract)
Providing 2.5% rosmarinic acid

Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
90

type
tablets

code
8577



Uses

Sage has traditionally been associated with longevity, with a reputation for restoring memory in the elderly and practitioners have used sage for many years for the treatment of hot flushes, a use supported by some studies.

Sage is considered to have mild phyto-oestrogen activity which means that whilst not chemically related, it does have some similarities to oestrogen. So whilst the herb cannot elicit a full oestrogen-like effect on the body it is able to bind to oestrogen receptors and this probably accounts for its use for women going through the menopause.

The sage used in this product is a standardised extract which ensures purity and potency of the material. This is important with sage as the active compounds such as rosmarinic acid need to be present at a guaranteed level, whilst undesirable compounds such as thujone must be almost entirely excluded. Our high-grade sage extract has a guaranteed level of 2.5% rosmarinic acid and is probably the only sage extract available in the UK that has closely controlled, very low levels of thujone.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Saw Palmetto Extract 160mg

Maximum Strength

Presentation

A brown soft capsule.

Each capsule delivers:

Saw Palmetto Berry Oil Extract 160mg

Encapsulated with:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxides), Sunflower Seed Oil.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8573



Uses

Saw Palmetto (*Serenoa repens*), is a small North American palm that gets its name from the spiny saw-toothed stems at the base of each leaf. The extract is derived from its dark berries, which are typically harvested around August to September.

Saw Palmetto has been traditionally used for men's health, but many practitioners are now turning their attention to the use of this herb for monthly female hormonal imbalances.

Each capsule provides a full 160mg of saw palmetto berry oil extract, and is recommended alongside a multivitamin and mineral formula such as Multi-Guard®.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Siberian Ginseng 1500mg

(as 115mg extract)

Presentation

A green round coated tablet.

Each tablet delivers:

Siberian Ginseng equivalent to (as 115mg of a 13:1 extract) providing	1500mg
Eleutheroside E	710µg
Eleutheroside B	164µg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8560



Uses

A considerable amount of scientific work on the chemistry, pharmacology and clinical effects of Siberian Ginseng, (or Eleutherococcus), has been published over the past three decades.

As a potent physiological adaptogen, Siberian Ginseng is used to combat stress and fatigue but is more commonly used as a prophylactic agent (preventative) rather than as a remedial preparation. Unlike Panax Ginseng, Siberian Ginseng does not contain ginsenosides and is therefore regarded as a more 'gentle' preparation.

Key constituents of Siberian Ginseng are a large group of active compounds, referred to as eleutherosides. These substances are frequently used as markers during standardisation processes. Standardised extracts are favoured by Lamberts® since the extraction and concentration procedures ensure that the herbal product is far more potent than those products based on powdered whole herb. Each tablet provides 115mg extract made from over 1500mg of dried herb and is therefore likely to be 15 times stronger than a product containing simply 100mg of powdered plant material.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Soya Isoflavones 50mg

High Strength

Presentation

A white oval coated tablet.

Each tablet delivers:

Soya bean extract	250mg
Providing Isoflavones	50mg

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colour: Titanium Dioxide, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8562



Uses

There is a growing body of evidence in the scientific literature that eastern diets may provide significantly more cell-protective plant nutrients than western diets. One group of these beneficial plant compounds, known as isoflavones, has become increasingly popular with nutritionists because research indicates they may offer certain positive health effects, for women in particular. Isoflavones are members of the flavonoid family of plant materials and are found in high concentrations in soya beans.

Soya bean isoflavones have now become popular and convenient supplements for women approaching or going through the menopause, and there is increasing evidence that they may contribute to maintaining bone health.

Lamberts® Soya Isoflavones is one of the most potent products available in the UK, reflecting the level and profile of isoflavones used by researchers in scientific investigations of note.

The level of isoflavones present in supplements can be confusing as some companies label soya extract as being all 'isoflavones'. This is never the case as the isoflavones are only ever present in the soya extract, at anything between 10% - 30%. Lamberts® however, accounts for this when listing the isoflavones level, so each tablet provides a full 50mg of pure isoflavones.

Usage and administration

1 to 2 tablets daily.

Allergen advice

Contains Soya.

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



Turmeric Fast Release

Providing 95% curcuminoids

Presentation

An oval clear coated yellow tablet with speckles, colour variation may occur.

Each tablet delivers:

Turmeric Root Extract 200mg
 Providing 95% curcuminoids, equivalent to 10,000mg of turmeric spice.

Tableted with:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum, Stearic Acid.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
60 & 120

type
tablets

code
8548



Uses

Turmeric has a long history of traditional medicinal use, and the large number of conditions it can address make it a true core essential nutrient for practitioners. Curcuminoids are believed to be responsible for much of turmeric's effects with the principle curcuminoid being the yellow pigment, curcumin, which is found within the root of the plant.

Each tablet contains 200mg of turmeric root extract, equivalent to a full 10,000mg of turmeric spice (or two heaped teaspoons). It is standardised to provide 95% curcuminoids, which is the level generally used in studies.

Furthermore, our Turmeric tablets are fast release, disintegrating between 15 and 30 minutes for speedy absorption. Plus, these one-a-day tablets are suitable for both vegetarians and vegans.

Usage & Administration

1 tablet daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women.
 Not recommended for children under 18 years of age.

Storage instructions

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

Legal category

Food supplement.



Turmeric 20,000mg

(as 500mg extract)

Presentation

An oval clear coated yellow tablet with speckles, colour variation may occur.

Each tablet delivers:

Turmeric Spice 20,000mg
(as 500mg of turmeric root extract)
providing 95% curcumins

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 120

type
tablets

code
8571



Uses

The key active constituent in turmeric is curcumin, which is found within the root of the plant, and it is this part which is responsible for its bright yellow colour.

Studies have already shown how the curcumin in turmeric can inhibit the compounds involved in the inflammatory response. Consequently, practitioners often combine turmeric with glucosamine sulphate to combat joint problems such as stiffness. Also turmeric is increasingly being added to formulations for back problems. However, almost all of these formulas provide only token levels of this spice.

Positive results have also been shown by researchers in a recent trial using as little as 2 to 3 grams of turmeric extract daily to help prevent the frequent/looser motions and flatulence-type symptoms of irritable bowel. In a relatively short time, long-standing sufferers saw some positive effects on the problems that had plagued some of the volunteers for more than 10 years.

Lamberts® Turmeric extract is a high potency root extract standardised to provide 95% curcumins, which is the level generally used in studies. Each tablet contains 500mg turmeric root extract, which is equivalent to 20,000mg of turmeric spice. This is approximately four teaspoons worth of spice, which makes Lamberts® Turmeric one of the strongest products in the UK.

Usage and administration

Men aged 18+ - take 1 tablet daily with a meal.
Women aged 50+ - take 1 tablet daily with a meal.

Allergen advice

None (see page 194).

Cautions

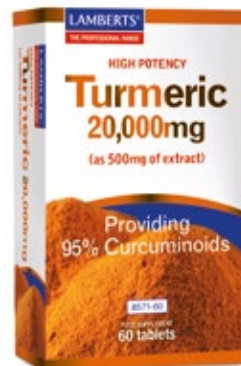
Do not take if trying to conceive, pregnant or breast feeding. Not suitable for women under the age of 50 (child bearing age).
Not recommended for children under 18 years of age.
For short term use only.

Storage instructions

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

Legal category

Food supplement.



TurMemoric

Turmeric Extract with Lutein and Rosemary Extract

Presentation

An oval clear coated yellow tablet with speckles, colour variation may occur.

Two tablets deliver:

Turmeric Root Extract (providing 95% Curcumins equivalent to 10,000mg of Turmeric Spice)	200mg
Lutein	10mg
Zeaxanthin	500µg
Vitamin B12 (as methylcobalamin)	500µg
Zinc (as Citrate)	5mg
Rosemary (as 7.5:1 extract)	20mg

quantity
60

type
tablets

code
8541



Tableted With:

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

Disintegration Time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

Uses

As the evidence for turmeric keeps on growing, more and more turmeric supplements are emerging but our formula really is based on the latest in nutritional research. We have combined our premium turmeric extract that is standardised to provide 95% curcumins, with lutein, which is one of the most important dietary carotenoids.

Recently, interest in lutein has grown beyond its association with eye health with the discovery that it is the main carotenoid concentrated in the brain. Researchers have discovered a link between lutein accumulation and areas of the brain rich in fatty acids, including DHA; suggesting it may play an important role as an antioxidant.

Moreover, the average daily intake of lutein from dietary sources is estimated to be as low as 1 to 2mg whereas researchers believe a relevant intake should be nearer 10mg daily so we have included a full 10mg of lutein per two tablets.

Rosemary is also included as an extract to preserve the active constituents, plus we've added vitamin B12 for normal neurological and psychological functions, and zinc for normal cognitive function.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

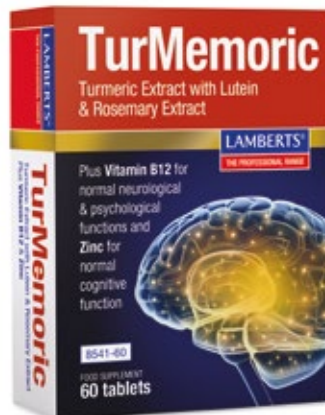
This product is not recommended for pregnant or lactating women.

Storage instructions

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

Legal category

Food supplement.



VeinTain®

High potency ginkgo, cinnamon and ginger

Presentation

A green oval coated tablet.

Two tablets deliver:

Ginkgo Biloba	6000mg
(as 120mg of a 50:1 extract)	
Providing Flavonglycosides	28.8mg
Cinnamon Bark	3000mg
(as 200mg of a 15:1 extract)	
Ginger	7200mg
(as 360mg of a 20:1 extract)	
Providing Gingerols	18mg

quantity
60

type
tablets

code
8574



Tableted with:

Modified Starch, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Silicon Dioxide, Stearic Acid, Magnesium Stearate.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

Uses

There are thought to be over 10 million sufferers of cold hands and feet in the UK (even in the summer months) with women being affected 9 times more than men so a natural approach to helping peripheral circulation is welcomed by many practitioners.

VeinTain® is a revolutionary two pronged approach to helping peripheral circulation.

1) The dilatation of blood vessels:

Ginkgo biloba helps maintain blood flow to the extremities by encouraging the blood vessels to remain open. Lamberts® VeinTain® is a high strength product that provides the right potency of ginkgo and the correct ratio of actives. Two tablets provide a full 6000mg (as 120mg extract) of ginkgo that studies have confirmed as an effective dose.

2) The thermogenic effect:

The two spices, ginger and cinnamon, are thought to increase thermogenesis thereby stimulating body functions such as the circulation, and enhancing blood flow throughout the body. VeinTain® contains both spices in extract form to ensure the active constituents are present.

To further preserve the special volatile compounds found in ginger and cinnamon, we specifically chose to produce VeinTain® in tablet form.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Ginkgo supplements. See page 194.

Storage instructions

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

Legal category

Food supplement.



St John's Wort tablets

St John's Wort Extract 370mg

Active Ingredient

Each film-coated tablet contains 370mg of extract (as dry extract) from St. John's Wort aerial parts (*Hypericum perforatum* L.) (5-7:1) (equivalent to 1850mg-2590mg of St. John's Wort). Extraction Solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Excipients in the extract: Maltodextrin, Silica Colloidal Anhydrous.

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Silica Colloidal Anhydrous.

Tablet Coating: Hypromellose, Glycerol.

quantity
60

type
tablets

code
8001



Uses

Lamberts® St. John's Wort is a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety. Based on traditional use only.

We believe our Traditional Herbal Medicines are unique from our competitors as we did not make any compromises in order to comply with the legislation. All our registration dossiers are exclusive to our company's products and we were involved at every stage of the registration process. They are all manufactured and tested in the UK and have been developed at the right potency.

Usage and administration

For oral use only.

Adults and the elderly: Take 1 tablet daily. Swallow the tablet with water or other liquid.

Do not exceed the stated dose.

Cautions

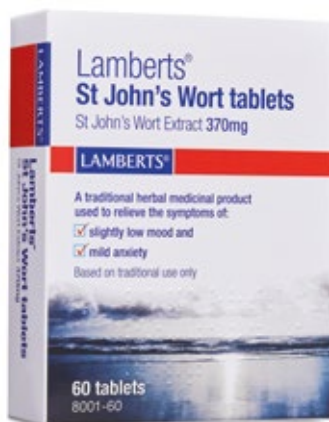
As for all medicines, a patient information leaflet is required. Please read this leaflet carefully before taking these tablets. For a copy please call 01892 554314.

Storage instructions

Do not store above 25°C. Store in the original packaging.

Legal category

Traditional Herbal Medicinal Product



Echinacea Cold & Flu Relief Tablets

Echinacea purpurea Root Extract 105mg

Active Ingredient

Each film-coated tablet contains 105mg of extract (as dry extract) from *Echinacea purpurea* root (equivalent to 630mg-840mg of *Echinacea purpurea* (L.) Moench, root). Extraction Solvent: Ethanol 75% v/v.

This product also contains the following ingredients:

Excipients in the extract: Maltodextrin, Colloidal Anhydrous Silica.

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Sodium Croscarmellose, Stearic Acid, Magnesium Stearate, Colloidal Anhydrous Silica.

Tablet Coating: Hypromellose, Glycerol.

quantity
60

type
tablets

code
8002



Uses

Lamberts® Echinacea Cold & Flu Relief Tablets is a traditional herbal medicinal product used to treat the symptoms of the common cold and influenza type infections. Based on traditional use only.

We believe our Traditional Herbal Medicines are unique from our competitors as we did not make any compromises in order to comply with the legislation. All our registration dossiers are exclusive to our company's products and we were involved at every stage of the registration process. They are all manufactured and tested in the UK and have been developed at the right potency.

Usage and administration

For oral use only.

Start at the first sign of a common cold.

Adults, the elderly and children over 12 years:

Take 1 tablet twice a day. Swallow the tablets with water or other liquid.

Do not take this product for more than 10 days.

Do not exceed the stated dose.

Cautions

As for all medicines, a patient information leaflet is required.

Please read this leaflet carefully before taking these tablets.

For a copy please call 01892 554314.

Storage instructions

Do not store above 25°C. Store in the original packaging.

Legal category

Traditional Herbal Medicinal Product



Devil's Claw Tablets

450mg Devil's Claw Root Extract

Active Ingredient

Each film coated tablet contains 450mg of extract (as dry extract) from Devil's Claw root (*Harpagophytum procumbens* D.C. and/or *H. zeyheri* L. Decne, radix) (Equivalent to 1575mg-2250mg Devil's Claw root).

Extraction Solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Excipients in the extract: Maltodextrin, Silica Colloidal Anhydrous.

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Colloidal Anhydrous Silica.

Tablet Coating: Hypromellose, Titanium Dioxide, Copper Chlorophyllin, Glycerin.

quantity
60

type
tablets

code
8003



Uses

Lamberts® Devil's Claw is a traditional herbal medicinal product used for the relief of:

- Backache
- Rheumatic or muscular pain
- General aches and pains in the muscles and joints

Based on traditional use only.

We believe our Traditional Herbal Medicines are unique from our competitors as we did not make any compromises in order to comply with the legislation. All our registration dossiers are exclusive to our company's products and we were involved at every stage of the registration process. They are all manufactured and tested in the UK and have been developed at the right potency.

Usage and administration

For oral use only.

Adults and the elderly, take 1 tablet twice a day (in the morning and in the evening). Tablets should be swallowed whole with water or other liquid.

Do not exceed the stated dose.

Cautions

As for all medicines, a patient information leaflet is required. Please read this leaflet carefully before taking these tablets. For a copy please call 01892 554314.

Storage instructions

Do not store above 25°C. Store in the original packaging.

Legal category

Traditional Herbal Medicinal Product



Valerian Tablets

300mg Valerian Root Extract

Active Ingredient

Each film coated tablet contains 300mg of extract (as dry extract) from Valerian Root (*Valeriana officinalis* L.)(equivalent to 900mg – 1500mg of Valerian Root. Extraction Solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Excipients in the extract: Maltodextrin, Colloidal Anhydrous Silica.

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Silica Colloidal Hydrated, Magnesium Stearate.

Tablet Coating: Hypromellose, Glycerol.

quantity
60

type
tablets

code
8004



Uses

Lamberts® Valerian is a traditional herbal medicinal product used for the temporary relief of sleep disturbances and mild anxiety. Based on traditional use only.

We believe our Traditional Herbal Medicines are unique from our competitors as we did not make any compromises in order to comply with the legislation. All our registration dossiers are exclusive to our company's products and we were involved at every stage of the registration process. They are all manufactured and tested in the UK and have been developed at the right potency.

Usage and administration

For oral use only.

Adults and the elderly:

For mild anxiety: Take 1 tablet twice a day.

For sleep disturbances: Take 1 to 2 tablets half an hour before bedtime.

Swallow the tablets whole with some water or other liquid.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2 to 4 weeks.

Do not exceed the stated dose (4 tablets per day).

Cautions

As for all medicines, a patient information leaflet is required.

Please read this leaflet carefully before taking these tablets.

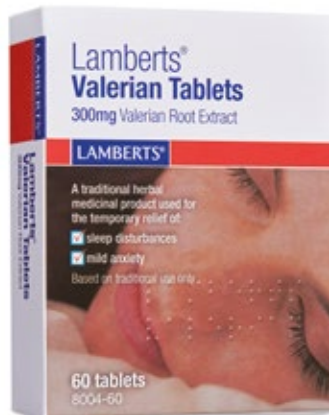
For a copy please call 01892 554314.

Storage instructions

Do not store above 25°C. Store in the original packaging.

Legal category

Traditional Herbal Medicinal Product



Milk Thistle tablets

Maximum Strength Standardised Fruit Extract 300mg

Active Ingredient

Each film-coated tablet contains 272-300mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 5.9-9.0g of Milk Thistle fruits) corresponding to 174mg of silymarin, calculated as silibinin. Extraction Solvent: Acetone 95% v/v.

This product also contains the following ingredients:

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Sodium Croscarmellose, Stearic Acid, Magnesium Stearate, Colloidal Hydrated Silica.

Tablet Coating: Polydextrose, Hypromellose, Titanium Dioxide, Curcumin, Copper Chlorophyllin, Medium Chain Triglycerides.



quantity
30

type
tablets

code
8010

Uses

Lamberts® Milk Thistle tablets are a traditional herbal medicinal product used to relieve the symptoms associated with occasional over indulgence of food and drink such as indigestion and upset stomach. Based on traditional use only.

We believe our Traditional Herbal Medicines are unique from our competitors as we did not make any compromises in order to comply with the legislation. All our registration dossiers are exclusive to our company's products and we were involved at every stage of the registration process. They are all manufactured and tested in the UK and have been developed at the right potency.

Usage and administration

For oral use only.

Adults and the elderly, take 1 tablet daily.

Tablets should be swallowed whole with water or other liquid. Do not exceed the stated dose.

Cautions

As for all medicines, a patient information leaflet is required. Please read this leaflet carefully before taking these tablets. For a copy please call 01892 554314.

Storage instructions

Do not store above 25°C. Store in the original packaging.

Legal category

Traditional Herbal Medicinal Product



Imuno-Strength®

Elderberry, Rosehip and Blackcurrant Concentrates

Presentation

A dark viscous red liquid.

Ingredients:

Red Grape Juice Concentrate, Elderberry Juice Concentrate, Water, Blackcurrant Juice Concentrate, Rosehip Juice Concentrate, Preservative (Potassium Sorbate).

Suitable for vegetarians  and vegans 

quantity
500ml

type
liquid

code
8601

Uses

Elderberry, rosehip and blackcurrants are all exceptionally rich sources of important compounds called flavonoids, including anthocyanidins that are known potent antioxidants.

Indeed to truly maximise antioxidant defences, plant-derived antioxidants should be incorporated into patients' regimes. The flavonoid family found in these three fruits is uniquely positioned for such a task, since they are physiologically active in both lipid and aqueous environments in the body, which makes its overall antioxidant properties many times that of vitamin C or vitamin E. Moreover, thousands of studies spanning decades of research consistently and repeatedly show that maintaining a high antioxidant defence system lowers a person's risk of disease as well as stimulating the immune system.

Imuno-Strength® is a tasty natural blend of elderberry, rosehip and blackcurrant concentrates carefully formulated to retain the nutritive properties of the fruits. Recommend to those 5 years and upwards whose immune system is under pressure and requires a boost.

Usage and administration

Children 5 to 15 years: take 5ml (1 teaspoon) daily.

Adults: take 10ml (2 teaspoons) daily.

Shake well before use.

Allergen advice

None (see page 194).

Cautions

Diabetics should seek medical advice before taking this product.

Note: Liquid Imuno-Strength® is a natural product, therefore, it may vary slightly in colour and consistency from batch to batch. This does not affect the quality of efficacy of the juice.

Storage instructions

Store in a cool dry place, once opened keep refrigerated and use within 8 weeks.

Legal category

Food supplement.



Cherry Concentrate

Sour Cherry Concentrate with Red Grape and Apple Concentrates

Presentation

A dark red viscous liquid.

Ingredients

Sour Cherry Juice Concentrate, Red Grape Juice Concentrate, Apple Juice Concentrate, Water, Preservative (Potassium Sorbate).

Suitable for vegetarians (V) and vegans (V)

quantity
500ml

type
liquid

code
8602

Uses

A tasty cherry concentrate carefully processed to ensure that the powerful antioxidant properties associated with sour cherries are retained. Cherries contain some of the highest levels of anthocyanins of any fruit and we use sour cherries as they are a richer source of these precious compounds. Anthocyanins give cherries their deep rich red colour, and are believed to be one of the most active type of flavonoid.

The high strength sour cherry concentrate used in this product would not be palatable without the addition of some other sweeter fruit concentrates, which have been chosen for their own high flavonoid content. Not all cherry concentrate products give details of other fruit concentrates that may be added to improve palatability.

- Intense, but delicious taste
- Use as part of a cardiovascular support programme
- Can be used for sports as an aid to recovery from exercise.

Usage and administration

General use: as an antioxidant and support for the cardiovascular system, take 10ml (2 teaspoons) daily. Sports use: for recovery after exercise, take 30ml (6 teaspoons) daily.

Shake well before use.

Allergen advice

Diabetics should seek medical advice before taking this product.

Cautions

Diabetics should seek medical advice before taking this product.

Note: This is a natural product, therefore, it may vary slightly in colour and consistency from batch to batch. This does not affect the quality or efficacy of the juice.

Storage instructions

Store in a cool dry place, once opened keep refrigerated and use within 8 weeks.

Legal category

Food supplement.



Pomegranate

With Red Grape (as concentrates)

Presentation

A dark red liquid.

Ingredients:

Pomegranate Juice Concentrate, Red Grape Juice Concentrate, Water, Preservative (Potassium Sorbate).

Suitable for vegetarians  and vegans 

quantity
500ml

type
liquid

code
8604

Uses

Pomegranate juice contains a wide range of powerful antioxidants including polyphenols and ellagitannins. These compounds have been shown to be excellent antioxidants, helping to prevent the oxidation of fats (LDL) in the blood and protecting against free radical damage. Indeed Pomegranate exceeds all other conventional fruits in its ORAC (Oxygen Radical Absorbance Capacity), making it one of the richest and most powerful antioxidants available.

Pure red grape concentrate has been included in Lamberts® Pomegranate Concentrate as it is a rich source of polyphenols and the sweet flavour balances the sharp taste of the pomegranate. This high strength combination of pure pomegranate and red grape concentrate makes Lamberts® one of the strongest available, making it perfect for patients with a high antioxidant requirement who prefer not to take tablets. Plus the delicious taste is great for encouraging patient compliance. It can be taken straight off the spoon or can be diluted to taste.

Usage and administration

Take 15ml (3 teaspoons) daily. Shake well before use.

Allergen advice

None (see page 194).

Cautions

Diabetics should seek medical advice before taking this product.

Note: Pomegranate is a natural product, therefore, it may vary in taste, colour and consistency from batch to batch. This does not affect the quality or efficacy of the juice.

Storage instructions

Store in a cool dry place, once opened keep refrigerated and use within 8 weeks.

Legal category

Food supplement.

