

# Mega Mineral Complex

## Presentation

A clear coated light beige speckled oval tablet.

### Two tablets deliver:

Calcium (as Carbonate)	1000mg
Phosphorus (as TriCalcium Phosphate)	200mg
Magnesium (as Oxide)	376mg
Iron (as Ferrous Fumarate)	14mg
Zinc (as Gluconate)	15mg
Copper (as Gluconate)	1mg
Manganese (as Gluconate)	4mg
Selenium (as L-Selenomethionine & Sodium Selenite)	100µg
Chromium (as Picolinate)	100µg
Molybdenum (as Sodium Molybdate)	5µg
Iodine (as Potassium Iodide)	140µg
Boron (as Sodium Borate)	2mg

### Tableted with:

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

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
90

type  
tablets

code  
8204



## Uses

This product is probably one of the most comprehensive, high potency mineral formulas available. A diet that lacks one mineral, may impact the absorption of others, so it is important to obtain the full spectrum. Some minerals are needed in larger amounts than others eg. calcium and magnesium.

This formulation includes high levels of calcium and magnesium, which means it can be used as a bone health formula.

It can also be used when the vitamins in a supplement regime are being supplied separately.

Lamberts® Mega Mineral Complex supplies minerals in highly absorbable forms.

### Usage and administration

2 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.

### Storage instructions

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

### Legal category

Food supplement.

