

Vitamin C Time Release

with Citrus Bioflavonoids

Vitamin C Time Release 500mg

Presentation

Time Release formulation. A beige speckled clear coated oval tablet.

Each tablet delivers:

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

Tableted with:

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



quantity
100 & 250

type
tablets

code
8135

These time release tablets have been formulated to release their contents gradually over a period of 6 hours.

Suitable for vegetarians **and vegans**

Vitamin C Time Release 1000mg

Presentation

Time Release Formulation. An off-white mottled clear coated oval tablet.

Each tablet delivers:

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

Tableted with:

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



quantity
60 & 180

type
tablets

code
8134

These time release tablets have been formulated to release their contents gradually over a period of 6 hours.

Suitable for vegetarians **and vegans**

Vitamin C Time Release 1500mg

Presentation

Time Release Formulation. A clear coated beige speckled oval tablet.

Each tablet delivers:

Vitamin C (as ascorbic acid)	1500mg
Citrus Bioflavonoid Complex	60mg
Rose Hip (as a 4:1 extract)	15mg

Tableted with:

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



quantity
120

type
tablets

code
8136

These time release tablets have been formulated to release their contents gradually over a period of 6 hours.

Suitable for vegetarians **and vegans**

Vitamin C Time Release *(Continued)*

with Citrus Bioflavonoids

Uses

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

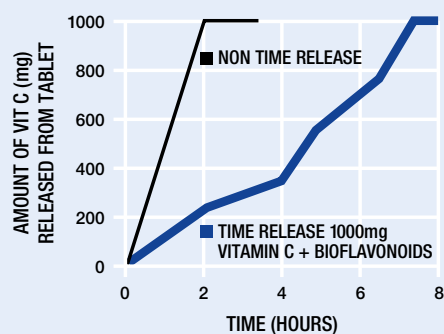
Our daily requirement for vitamin C is higher than for any other water-soluble vitamin. Ideally, vitamin C needs to be taken in small amounts throughout the day and night because it is rapidly lost from the body. However, this is not always convenient which is why Lamberts® have formulated Time Release Vitamin C tablets.

These tablets are produced by a special process that retains the nutrient in micro pellets allowing it to be released slowly after the tablet has been swallowed.

This means that the absorption of vitamin C is a continuous process as the gradual release takes place over 6-8 hours.

Lamberts® Time Release Vitamin C tablets also contain a relevant level of bioflavonoids because they are known to aid Vitamin C absorption. Bioflavonoids have also been demonstrated to have specific effects including a strengthening effect on the capillaries. Individual bioflavonoids include rutin, quercetin, citrin and hesperidin.

Lamberts® Time Release vitamin C slowly dissolves over 6 hours allowing the gut to absorb a higher level, so there is less waste and a more even level of vitamin C in the blood stream keeping tissues saturated.



Usage and administration

Vitamin C Time Release 500mg

Up to 4 tablets per day.

Quantity 100 & 250

Type tablets

Code 8135



Vitamin C Time Release 1000mg

1 tablet every 6 hours, up to a maximum of 2 per day.

Quantity 60 & 180

Type tablets

Code 8134



Vitamin C Time Release 1500mg

1 tablet per day.

Quantity 120

Type tablets

Code 8136



Allergen advice

None (see page 194).

Cautions

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

Storage instructions

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

Legal category

Food supplement.