

Coronavirus pandemic: Recommended Products

LAMBERTS
...at the leading edge of responsible nutrition

Theanine & Lemon Balm complex (for anxiety and mental clarity): Lemon balm is a relaxing, adaptogenic herb which calms an anxious mind helps cognitive function. Theanine is a calming amino acid used to increase calming brain GABA & alpha waves. **£15.95 (60)**

Multi-guard ADR (for stressed individuals, supports adrenal function): A high potency multivitamin, also containing the adaptogenic herbs Korean Ginseng & Rhodiola, plus extra nutrients (B-vitamins & CoQ10) to help the body cope with stressful situations & boost energy. **£27.95 (120)**

Vitamin D3 with Vitamin K2: There is growing evidence to support the importance of vitamin D in immune function. Vitamin K supports its role in immune health and bone function. Many living in cooler climates are deficient in vitamin D, and it may help the body fight infections such as Coronavirus. **£16.95 (60)**

Magnesium 375: Magnesium deficiency is common in the UK, and this can contribute to issues such as chronic pain, anxiety and muscular tension (common in lockdown). Magnesium after dinner also has a calmative affect, and promotes restful sleep. This contains 4 types, for better effect. **£16.95 (180)**

Multi-guard, high potency (high antioxidant & trace mineral content): A high power, full spectrum multivitamin, multivitamin and antioxidant supplement containing 625 ORAC super-antioxidant units. **£18.95 (90)**

Multi-guard Advance (for people over 50): A high quality multi developed specifically for people over 50. Contains lutein for the eyes, enhanced levels of key nutrients and the antioxidants from green tea and turmeric. **£15.95 (60)**

Multi-guard Osteoadvance (for those with osteoporosis, osteopaenia or women over 60): this version of multi-guard 'Advance' contains enhanced levels of the macronutrient minerals calcium & magnesium, cutting out the need to take extra supplements, for those with low bone density. **£22.95 (120)**

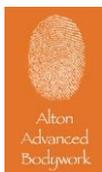
Multi-guard Control (for diabetic/borderline individuals, or those with high sugar intake): A broad spectrum multi with extra nutrients key in supporting glucose balance (eg. Magnesium & chromium). Also contains cinnamon and the antioxidant alpha-lipoic acid for glucose metabolism and insulin signalling. **£23.95 (120)**

Multi-guard for kids (aged 4-14): Tasty chewable vitamins for children, with extra calcium (bones), iodine (growth), zinc (immunity) and b-vitamins (energy). **£12.95 (100)**

Omega 3 Ultra: A concentrated, high potency fish oil containing an impressive 715mg of EPA and 286mg of DHA. 5 stage purification process to remove pollutants. Important for heart, brain and joint health; anti-inflammatory. **£21.95 (60)**

HIGHER NATURE
Nutritional Excellence

Pelargonium (for viral & respiratory tract infections): This powerful, immune boosting herbal medicine originates from Africa and may help the body fight viral & respiratory infections such as colds, the flu, chest infections and Coronavirus. **£8.50 (21)**



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Immune + : This is an excellent, immune boosting, nutritional & herbal combination for when you are 'run down' or develop an illness. Two tablets contains 1000mg Vitamin C, plus 5mg Zinc (superior Citrate), but also anthocyanidins & flavonoids from Bilberry, Blackcurrant and Black Elderberry, to further boost immune response when required. **£12.65 (90)**

Balance for Nerves: Many of us find the relentless pace of modern life difficult to cope with; this excellent combination combines B-vitamins, Magnesium, Herbal extracts and Amino Acids, to help support us in stressful times. The nutrients help support the adrenals, nervous system, and production of calming GABA. **£22.35 (90)**



MagnesiumOil Goodnight spray: Magnesium has a calming effect on the mind, muscles & nervous system, facilitating restful sleep. Chamomile, Bergamot & Clary Sage add to the soothing & calming effect, and have antispasmodic qualities to relieve restless legs, cramp and jaw clenching/bruxism. **£11 (100ml)**

MagnesiumOil Recovery spray: This product reduces muscular tension, supports muscular energy, improves sports performance, aids recovery from exercise and is great for tired-achy shoulders. Camphor, Black Pepper & Lemon essential oils increase circulation, aid detoxification and soothe muscles. **£11 (100ml)**



Throat & Chest Balm: This excellent balm is great for throat and chest infections easing coughs, colds and clearing blocked noses. This balm contains decongestant, antiviral, antibacterial and expectorant essential oils. **£7 (50ml)**

Warming & Easing Balm: I frequently use this in my treatment room for managing chronic pain, osteoarthritis & poor circulation. It has prominent levels of many anti-inflammatory, circulation boosting, muscle relaxing & pain relieving essential oils, and is great for many chronic conditions! **£12.99 (100ml)**

Cooling & Soothing Balm: Another long-term clinical product; this is great for acute, inflamed issues such as, tendonitis, sports injuries, bursitis, rheumatoid arthritis, bruising, DOMS, and also soothing tired achy feet! The rich essential oils are cooling, soothing, anti-inflammatory and anti-spasmodic. **£12.99 (100ml)**

Other recommended products:

Lavandin Temple Coolant: Lavandin is a more powerful, camphor-rich relative of Lavender. This is great to have in the fridge to ease headaches, migraine, anxiety, colds, sinusitis, stressful periods, and to clear fuzzy heads. **£6 (per roller)**

Glucosamine (joint complex) Gel: This Optima product is not only great for osteoarthritis, but also fantastic for tendonitis, bursitis, sprains & strains and achy joints. With Devils Claw, MSM & essential oils! **£10 (125ml)**

Aloe Digestive tablets: This powerful combination of digestion soothing herbs, anti-inflammatory digestive enzymes, aloe concentrate and peppermint oil is recommended, for IBS, indigestion, reflux & digestive discomfort. **£10 (60)**