



INFORMATION EXCHANGE VITAMIN PRICE LIST

Updated March
2011

Tell us *how many* you require in the last column

Code	Product Name	Type	Size	Price	No.
VITAMIN A					
8018	Natural Beta Carotene 15mg	Caps	90	£7.11	
VITAMIN B					
8029	Vitamin B-50 Complex	Tab	60	£6.08	
		Tab	250	£17.51	
8032	Vitamin B-100 Complex	Tab	60	£9.65	
		Tab	200	£24.66	
8042	Vitamin B1 (Thiamin) 100mg	Caps	90	£4.97	
8043	Vitamin B2 (Riboflavin) 50mg	Caps	100	£4.97	
8054	Nicotinamide 250mg	Tab	100	£5.36	
8057	Calcium Pantothenate 500mg TR	Tab	60	£5.36	
				£0.00	
8061	Vitamin B6 50mg	Tab	100	£3.22	
8068	Biotin 500ug	Caps	90	£4.47	
8071	Folic Acid 400ug	Tab	100	£3.22	
8078	Choline 200mg/ Inositol 200mg	Caps	60	£5.68	
				£0.00	
8085	Vitamin B12 100ug	Tab	100	£3.54	
8087	Vitamin B12 1000ug	Tab	60	£4.79	
VITAMIN C					
Vitamin C Powders / Crystals					
8101	Magnesium Ascorbate	Pwdr	250 g	£13.55	
8103	Ascorbic Acid	Pwdr	250 g	£10.54	
8106	Calcium Ascorbate	Pwdr	250 g	£11.40	
8113	Ester-C® 650mg	Caps	90	£9.98	
OTHER VITAMIN C PRODUCTS					
8123	Rutin + C + Bioflavonoids	Caps	90	£6.08	
8131	Gentle Vitamin C 500mg	Tab	100	£5.68	
8133	Vitamin C 1000mg with Bioflavonoids	Tab	60	£4.61	
			180	£11.40	
8134	Vitamin C Time 1000mg With Bioflavonoids TR	Tab	60	£4.97	
			180	£11.40	
8135	Vitamin C Time 500mg With Bioflavonoids TR	Tab	100	£4.65	
			250	£9.98	
8136	Vitamin C Time 1500mg With Bioflavonoids TR	Tab	120	£12.12	
				£0.00	
VITAMIN D					
8140	Vitamin D 400i.u.(10ug)	Tab	120	£3.93	
8141	Vitamin D 1000i.u.(25ug)	Tab	120	£5.68	
VITAMIN E FORMULATIONS					
8707	Natural Vitamin E 250iu	Caps	100	£5.86	
8708	Natural Vitamin E 400iu	Caps	60	£5.72	
			180	£12.87	
8710	Natural Vitamin E 1000iu	Caps	60	£9.65	
ZINC					
8282	Zinc 15mg (as Citrate)	Tab	90	£3.54	
			180	£5.68	
8284	Zinc Plus Lozenges new formula	Loz	100	£4.97	
8285	Zincatest® 100ml	Liquid	100ml	£3.75	
HIGH POTENCY ZINC					
8279	Zinc 30mg (As Gluconate)	Tab	100	£3.93	
8283	Zinc 50 mg (as Citrate)high potency	Caps	60	£4.26	

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Calcium & Magnesium					
8222	Chewable Calcium 400mg (Lemon flavour)	Tab	60	£3.93	
				£0.00	
8226	Osteoguard® (Calcium 500mg)	Tab	30	£3.22	
			90	£7.11	
8239	MagAsorb® 150mg	Tab	60	£4.97	
			180	£11.26	
8238	CalAsorb®	Tab	60	£4.97	
			180	£11.40	
SELENIUM					
8269	Selenium 200ug (as Seleno L-Methionine)	Caps	60	£4.97	
				£0.00	
8273	Selenium One-a-day & Vitamins A+C+E	Tab	100	£5.68	
				£0.00	
MINERALS					
8204	Mega Mineral Complex	Tab	90	£12.67	
OTHER MINERALS					
8236	Chromium complex (includes GTF Chromium 200mg)	Tab	60	£7.50	
				£0.00	
8237	GTF Chromium 200ug	Caps	100	£7.50	
8240	Kelp Tablets (Iodine 150ug)	Tab	500	£7.11	
8243	Iron 14mg (as Citrate)	Tab	100	£3.54	
8249	Manganese 5mg (as Amino Acid Chelate)	Caps	100	£4.11	
				£0.00	
DIGESTIVE AIDS					
8381	Eliminex® (Fructo-oligosaccharides)	Pwdr	500g	£9.26	
				£0.00	
8399	Peppermint Oil 50mg	Caps	90	£3.93	
8404	Betaine HCl 324mg/ Pepsin 5mg	Tab	180	£7.11	
				£0.00	
8409	Candaway (includes Cinnamon & Olive Leaf)	Caps	60	£10.69	
				£0.00	
8410	Digestizyme® (Plant sourced enzyme)	Caps	100	£9.26	
				£0.00	
8411	Lactase Complex 400mg High Strength	Tab	60	£6.40	
				£0.00	
8417	Acidophilus Extra 4 (4 million bacteria)	Caps	30	£5.68	
			60	£9.98	
8418	Acidophilus Extra 10 (10 million bacteria)	Caps	30	£7.11	
			60	£12.83	
8419	Probioguard	Caps	60	£12.83	



Always speak to your doctor or dietician before starting any course of supplements. Always read the label.

It is recommended to check before starting herbal remedies, because some can interact with other medications.

Code	Product Name	Type	Size	Price	No
AMINO ACIDS					
8302	L-Arginine 500mg	Caps	90	£8.54	
8306	L-Carnitine 500mg	Caps	60	£14.26	
8307	L-Cysteine 500mg	Caps	90	£9.98	
8309	L-Glutamine Powder New	Pwdr	500g	£17.47	
8310	L-Glutamine 500mg	Caps	90	£9.26	
8311	L-Glutathione Complex	Caps	60	£12.12	
8313	L-Histidine HCl 500mg	Caps	30	£6.08	
8316	L-Lysine 500mg	Tab	90	£4.26	
8318	L-Methionine 500mg	Caps	60	£6.40	
8319	L-Ornithine 500mg	Caps	60	£9.98	
8320	L-Theanine 100mg	Tab	60	£10.69	
8321	L-Phenylalanine 500mg	Caps	60	£7.83	
8325	Taurine 500mg	Caps	60	£6.08	
8329	L-Tyrosine 500mg	Caps	60	£7.50	
8332	BCAA	Caps	180	£13.55	
8333	Pea Protein	Pwdr	750g	£12.57	
8334	Strawberry Protein Boost	Schts	6x30g	£4.87	
MULTIPLE FORMULAS					
8429	A - Z MULTI (wide spectrum at 100%)	Tab	60	£4.97	
8430	Megavit® (very High Potency Formula) New pot size	Tab	120	£10.69	
8431	Multi-Max® (For the over 50s)	Tab	60	£9.65	
8432	Multi-Max Advance (with luetin & plant extracts. For the over 50's)	Tab	60	£10.37	
8433	Health Insurance Plus® (Great all rounder)	Tab	125	£11.40	
			250	£21.41	
8437	FEMA45+ NEW (For Women during and after menopause)	Tab	180	£17.84	
8439	Premitis® (For women of menstruating age)	Tab	120	£7.81	
8440	Florisene® for women, to help maximise hair growth	Tab	90	£10.69	
			270	£32.06	
8442	Multi-Guard® (High potency suitable for all adults)	Tab	30	£4.97	
			90	£12.83	
8444	Betasec™ TR Anti-oxidant	Tab	60	£6.40	
				£0.00	
8446	Maxi-Hair®	Tab	60	£9.26	
8434	Multi-Guard OsteoAdvance®	Tab	120	£13.55	
8441	Multi-Guard Control®	Tab	120	£14.98	
8462	StrongSmart MVM® Women hoping to conceive, pregnant or breastfeeding	Tab	60	£7.11	
NUTRITIONAL ACCESSORIES					
8495	Flax Seed Oil 1000mg	Caps	90	£7.50	
8499	Pure Starflower Oil 1000mg	Caps	90	£9.98	
8501	Evening Primrose Oil 1000mg	Caps	90	£5.68	
8505	Extra High Potency Evening Primrose Oil with Starflower Oil 1000mg (12%GLA)	Caps	90	£6.40	
8507	Evening Primrose Oil 500mg	Caps	180	£5.68	
8508	Pure Fish Oil 1100mg (EPA 360mg/DHA 240mg)	Caps	60	£7.11	
			120	£12.12	
8509	Green Lipped Mussel Extract 350mg	Caps	90	£8.72	
8510	OracOmega® (EPA 390mg/DHA 260mg)	Caps	120	£12.83	
8511	Berry Bursts, Omega 3 for kids (DHA, EPA + vitamins A, C, D & E)	Caps	100	£7.83	
8512	Glucosamine Complete (Glucosamine 2KCl 2000mg with Chondroitin, MSM & Quercetin plus Ginger & Rose Hip Extracts)	Tab	120	£10.37	
8513	Glucosamine QCV (Gluc Sulph 1000mg 2KCl+Quercetin&Cider Vinegar)	Tab	120	£8.94	
8514	Vegetarian Glucosamine (750mg og Glucosamine HCl)	Tab	120	£9.65	
8515	Glucosamine Sulphate 750mg	Tab	120	£8.54	

Code	Product Name	Type	Size	Price	No
8516	Glucosamine & Chondroitin Complex	Tab	120	£9.26	
				£0.00	
8517	MSM 1000mg	Tab	120	£6.79	
8518	5-HTP 100mg	Tab	60	£16.09	
8520	Bromelain 500mg (200 GDU/g)	Caps	60	£10.69	
8522	Alpha Lipoic Acid 250mg	Tab	90	£7.83	
8523	Quercetin 500mg	Tab	60	£7.83	
8530	Osteoguard® Synergy (Natural)	Pwdr	450g	£9.26	
8531	Co-Enzyme Q10 30mg	Caps	60	£10.69	
			180	£22.13	
8533	Co-Enzyme Q10 100mg	Caps	60	£20.70	
8534	Co-Enzyme Q10 200mg	Caps	60	£24.98	
8537	Soya Lecithin 1200mg	Caps	120	£5.68	
8538	Soya Lecithin Granules	Pwdr	250g	£6.40	
8544	Silica 200mg	Caps	90	£6.27	
8554	Cod Liver Oil 1000mg	Caps	180	£6.27	

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or a dietician before starting any course
of supplements and
always read the label.
Certain herbal remedies can interact with**

Key to Abbreviations used:

Caps – Capsules / **Tab** – Tablets
Pwdr – Powder / **Cryst** - Crystals
Loz – Lozenges / **Gran** - Granules
TR – Time Release / **AA** - Amino Acid
HS - High Strength

Please allow at least 10 days for delivery.
All orders must be prepaid, for payment details see The Vitamin Order Form, cheques to be made payable to "The St. Stephen's AIDS Trust"

The Information Exchange,
 St. Stephen's Centre,
 369 Fulham Road,
 London
 SW10 9NH

Tel: 020 3315 5929 Fax: 020 3315 5595

E-mail: infoex@chelwest.nhs.uk

www.ststephensvolunteers.org.uk



The Information Exchange is part of the St Stephens Volunteers

Chelsea and Westminster Hospital

www.ststephensvolunteers.org.uk

Vitamin Order Form

Please use our **Vitamin Price List** to let us know which products you wish to purchase, by placing the number required in the last column. Then complete **Section A** of this order form and we will process your order without delay. Payment can be made by Mastercard, Visa, Switch, Solo, Delta, Electron and we accept cheques made payable to "The St. Stephen's AIDS Trust" as well as cash in advance (exact amount). All cheques must be accompanied by a valid cheque guarantee card. If you are paying by credit/debit card then you *must speak to one of our staff to place your order*. There is no minimum number of products when ordering. You can choose to pay an extra fee to have your order sent by registered post via the IE, which is suggested for orders over £70.

The Information Exchange

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E-mail: infoex@chelwest.nhs.uk
www.ststephensvolunteers.org.uk

ALL orders must be paid for in advance

Section A (Please complete in *PRINT*)

Name Mr/Miss/Ms/Mrs.....
Address
.....
.....
Postcode
Telephone

- PLEASE CHOOSE ONE:**
- FOR COLLECTION (BY APPOINTMENT ONLY)
 - ORDER SENT BY POST VIA THE IE
 - ORDER SENT BY REGISTERED POST VIA THE IE

Always speak to your doctor or a dietician before starting any course of supplements and always read the label. Certain herbal remedies can interact with other medications and it is recommended that patients check before starting them.

Section B (For official use only)

Date of order / taken by				
Number of Items ordered				
IE order number				
Lamberts order number				
Total Value				
Method of Payment (Circle one)	Cash*	Cheque	Credit / debit card	Postal order
Date completed				
PLEASE CIRCLE IF ST. STEPHEN'S VOLUNTEER DISCOUNT APPLIES : YES/NO				

***PLACE ALL CASH IN AN ENVELOPE IN THE GREY CASHBOX**

