



INFORMATION EXCHANGE VITAMIN PRICE LIST

Updated
30 April 2007

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	£6.97	
VITAMIN B					
8029	Vitamin B-50 Complex	Tab	60	£4.87	
		Tab	250	£14.67	
8032	Vitamin B-100 Complex	Tab	60	£7.67	
		Tab	200	£20.97	
8042	Vitamin B1 (Thiamin) 100mg	Caps	90	£4.55	
8043	Vitamin B2 (Riboflavin) 50mg	Caps	100	£4.87	
8054	Nicotinamide 250mg	Tab	100	£5.25	
8057	Calcium Pantothenate 500mg TR	Tab	60	£4.87	
8061	Vitamin B6 50mg	Tab	100	£2.77	
8068	Biotin 500ug	Caps	90	£4.38	
8071	Folic Acid 400ug	Tab	100	£2.63	
8078	Choline 200mg/ Inositol 200mg	Caps	60	£5.25	
8085	Vitamin B12 100ug	Tab	100	£3.47	
8087	Vitamin B12 1000ug	Tab	60	£4.69	
VITAMIN C					
Vitamin C Powders / Crystals					
8101	Magnesium Ascorbate	Pwdr	250 g	£12.57	
8103	Ascorbic Acid	Pwdr	250 g	£9.77	
8106	Calcium Ascorbate	Pwdr	250 g	£10.68	
8113	Ester-C® 650mg	Caps	90	£9.77	
OTHER VITAMIN C PRODUCTS					
8123	Rutin + C + Bioflavonoids	Caps	90	£5.57	
8131	Gentle Vitamin C 500mg	Tab	100	£5.25	
8133	Vitamin C 1000mg with Bioflavonoids	Tab	60	£3.85	
		Tab	180	£9.63	
8134	Vitamin C Time 1000mg With Bioflavonoids TR	Tab	60	£4.17	
		Tab	180	£10.15	
8135	Vitamin C Time 500mg With Bioflavonoids TR	Tab	100	£4.17	
		Tab	250	£9.07	
8136	Vitamin C Time 1500mg With Bioflavonoids TR	Tab	120	£11.17	
VITAMIN D					
8140	Vitamin D 400i.u.(10ug)NEW	Tab	120	£3.47	
VITAMIN E FORMULATIONS					
8707	Natural Vitamin E 250iu	Caps	100	£5.60	
8708	Natural Vitamin E 400iu	Cap	60	£4.87	
		Cap	180	£11.17	
8710	Natural Vitamin E 1000iu	Caps	60	£7.67	
ZINC					
8282	Zinc 15mg (as Citrate)	Tab	90	£3.12	
	Zinc 15mg(as Citrate) new size	Tab	180	£5.57	
8284	Zinc Plus Lozenges new formula	Loz	100	£4.55	
8285	Zincatest® 100ml	Liquid	100ml	£3.68	
HIGH POTENCY ZINC					
8279	Zinc 30mg (As Gluconate)	Tab	100	£3.68	
8283	Zinc 50 mg (as Citrate)high potency	Caps	60	£4.03	

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Calcium & Magnesium					
8222	Chewable Calcium 400mg (Lemon flavour)	Tab	60	£3.68	
8226	Osteoguard® (Calcium 500mg,	Tab	30	£2.77	
			90	£6.97	
8239	MagAsorb® 150mg (Magnesium as Citrate)	Tab	60	£4.55	
			180	£10.47	
SELENIUM					
8269	Selenium 200ug (as Seleno L-Methionine)	Caps	60	£4.45	
8273	Selenium One-a-day & Vitamins A+C+E	Tab	100	£5.25	
MINERALS					
8204	Mega Mineral Complex	Tab	30	£3.85	
			90	£9.07	
OTHER MINERALS					
8236	Chromium complex (includes GTF Chromium 200mg)	Tab	60	£6.97	
8237	GTF Chromium 200ug	Caps	100	£6.97	
8240	Kelp Tablets (Iodine 150ug)	Tab	500	£6.27	
8243	Iron 14mg (as Citrate)	Tab	100	£3.47	
8249	Manganese 5mg (as Amino Acid Chelate)	Caps	100	£3.47	
GASTRO CARE (DIGESTIVE AIDS)					
8381	Eliminex® (Fructo-oligosaccharides)	Pwdr	500g	£7.67	
8399	Peppermint Oil 50mg	Caps	90	£3.68	
8404	Betaine HCl 324mg/ Pepsin 5mg	Tab	180	£6.97	
8409	Candaway (includes Cinnamon & Olive Leaf)	Caps	60	£10.47	
8410	Digestizyme® (Plant sourced enzyme)	Caps	100	£9.07	
8417	Acidophilus Extra 4 (4 million bacteria)	Cap	30	£5.25	
			60	£9.42	
8418	Acidophilus Extra 10 (10 million bacteria)	Cap	30	£6.97	
			60	£12.57	



The Information Exchange is part of the
St Stephen's Volunteers at the
Chelsea and Westminster Hospital.
www.ststephensvolunteers.org.uk

**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	£7.35	
8306	L-Carnitine 500mg	Caps	60	£13.97	
8307	L-Cysteine 500mg	Caps	90	£9.77	
8309	L-Glutamine Powder New	Pwdr	500g	£17.47	
8310	L-Glutamine 500mg	Caps	90	£9.07	
8311	L-Glutathione Complex	Caps	60	£11.73	
8313	L-Histidine HCl 500mg	Caps	30	£5.74	
8316	L-Lysine 500mg	Tab	90	£4.17	
8318	L-Methionine 500mg	Caps	60	£6.27	
8319	L-Ornithine 500mg	Caps	60	£9.77	
8320	L-Theanine 100mg	Tab	60	£10.47	
8321	L-Phenylalanine 500mg	Caps	60	£7.35	
8325	Taurine 500mg	Caps	60	£5.74	
8329	L-Tyrosine 500mg	Caps	60	£7.35	
8333	Pea Protein	Pwdr	750g	£11.87	
MULTIPLE FORMULAS					
8429	A - Z MULTI (wide spectrum at 100%)	Tab	60	£4.55	
8430	Megavit® (very High Potency)	Tab	120	£10.47	
8431	Multi-Max® (For the over 50s)	Tab	60	£9.07	
8432	Multi-Max Advance (with luetin)	Tab	60	£9.77	
8433	Health Insurance Plus® (Great all rounder)	Tab	125	£11.17	
			250	£20.97	
8435	Optivite® (For women of menstruating age)	Tab	90	£10.47	
			270	£27.97	
8438	Gynovite Plus® (for women during/after the menopause)	Tab	90	£10.47	
			270	£27.97	
8439	Premtis® (For women of	Tab	120	£7.67	
8440	Florisene® for women, to help	Tab	90	£10.47	
			270	£31.40	
8442	Multi-Guard® (High potency suitable for all adults)	Tab	30	£4.87	
			90	£12.57	
8444	Betasec™ TR Anti-oxidant	Tab	60	£6.27	
8446	Maxi-Hair®	Tab	60	£9.07	
8461	Playfair™ (Children's 4 - 14 years)	Tab	60	£6.27	
8462	StrongSmart MVM® Women	Tab	60	£6.97	
NUTRITIONAL ACCESSORIES					
8495	Flax Seed Oil 1000mg	Caps	90	£6.27	
8499	Pure Starflower Oil 1000mg	Caps	90	£9.45	
8501	Evening Primrose Oil 1000mg	Caps	90	£5.57	
8505	Extra High Potency Evening Primrose Oil with Starflower Oil 1000mg (12%GLA)	Caps	90	£6.27	
8507	Evening Primrose Oil 500mg	Caps	180	£5.57	
8508	Pure Fish Oil 1100mg (EPA	Caps	60	£6.97	
			120	£11.17	
8509	Green Lipped Mussel Extract	Caps	90	£8.33	
8513	Glucosamine QCV (Gluc Sulph	Tab	90	£8.37	
8514	Vegetarian Glucosamine (750mg og Glucosamine HCl)	Tab	120	£9.07	
8515	Glucosamine Sulphate 750mg	Tab	120	£7.67	

Code	Product Name	Type	Size	Price	No
8516	Glucosamine & Chondroitin Complex	Tab	120	£6.97	
8517	MSM 1000mg	Tab	120	£6.27	
8520	Bromelain 500mg (200 GDU/g)	Caps	60	£10.47	
8531	Co-Enzyme Q10 30mg	Caps	60	£10.47	
			180	£21.67	
8533	Co-Enzyme Q10 100mg	Caps	60	£20.97	
8537	Soya Lecithin 1,100mg	Caps	120	£4.87	
8538	Soya Lecithin Granules	Pwdr	250g	£4.17	
8544	Silica 200mg	Caps	90	£6.27	
8554	Cod Liver Oil 1000mg	Caps	180	£6.27	

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 so it is recommended that patients check before starting them.

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 8746 5929 Fax: 020 8746 5595

E-mail: infoex@chelwest.nhs.uk

www.ststephensvolunteers.org.uk



The Information Exchange is part of the St Stephen's Volunteers at the Chelsea and Westminster Hospital.

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