



## Pharmaton Advance Fizz Multivitamins and Minerals

### Uses

### Dosage

12 years and over: 1 effervescent tablet a day dissolved in a glass of water. Not suitable for pregnant or breastfeeding women.

### Format and Ingredients

Tablet containing:

Ginseng Extract 40mg, Vitamin A 1000mcg RE 125, Vitamin B1 (thiamine) 1.375mg 125, Vitamin B2 (Riboflavin) 1.68mg 120, Niacin 17.6mg NE 110, Pantothenic Acid 4.8mg 80, Vitamin B6 1.96mg 140, Biotin 200µg 400, Folic Acid 150µg 75, Vitamin B12 3µg 120, Vitamin C 60mg 75, Vitamin D3 5µg 100, Vitamin E 6.6mg ?-TE 55, Calcium 200mg 25, Magnesium 56.25mg 15, Iron 11.2mg 80, Zinc 3mg 30, Chromium 124µg 310, Copper 500µg 50, Manganese 1mg 50, Selenium 68.75µg 125, Molybdenum 50µg 100,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
OPELLA HEALTHCARE

**Pack size:** 20, 60

**RRP:** £8.99, £22.92

**Legal Status:** ,