



Berocca Energy Effervescent Tablets



Uses

Available in Natural Orange, Blackcurrant, Mango and Mixed Berry Flavours.

Dosage

12 years and over: 1 tablet a day dissolved in a glass of water. Under 12 years: not recommended. Not suitable for pregnant or breast feeding women or people with kidney problems.

Format and Ingredients

Effervescent tablet containing:
Vitamin B12 10µg 400, Vitamin B1 (thiamine) 12mg 1091, Vitamin B2 (riboflavin) 15mg 1071, Vitamin B6 8.2mg 586, Niacin (vitamin B3) 50mg NE 313, Pantothenic Acid 23mg 383, Folic Acid 400µg 200, Biotin 150µg 300, Vitamin C 500mg 625, Magnesium 100mg 27, Zinc 10mg 100, Calcium 100mg 13,