

Centrum MultiGummies - Adults



Category

Vitamins, Minerals and
Nutritionals

Manufacturer

HALEON PLC

Pack size

30, 60

RRP

£6.50, £12.50

Legal Status

,



Uses



Format and Ingredients and %NRV

Per 2 gummies:

Vitamin A 660µg 82, Vitamin D 10µg 200, Vitamin E 10mg 83,
Vitamin C 80mg 100, Niacin 16mg 100, Vitamin B6 1.6mg
114, Vitamin B12 2.0µg 80, Biotin 24µg 48, Zinc 5.6mg 56,
Iodine 100µg 67,



Dosage

Adults: 2 gummies per day. Chew until fully dissolved. Also
available in mixed flavour (cherry, berry and orange).