



# Pro Plus Fizz

## Uses

## Dosage

16 years and over: dissolve 1 tablet in 200ml water once a day. Do not exceed 400mg caffeine per day from all sources.

## Format and Ingredients

Effervescent tablet containing:  
Caffeine 100mg, Vitamin B2 (riboflavin) 2.8mg 200, Vitamin B6 2.8 200, Vitamin B12 5µg 200, Guarana Extract 30mg, providing Caffeine 3mg, Panax Ginseng Extract 30mg,

**Category:**  
Tonics and Stimulants, Vitamins,  
Minerals and Nutritionals

**Manufacturer:**  
G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 20

**RRP:** £5.99

**Legal Status:**