

Centrum MultiGummies - Adults



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
HALEON PLC
Pack size
30, 60
RRP
£6.50, £12.50
Legal Status
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Uses

Format and Ingredients and %NRV

Orange flavoured multigummies containing 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. May be taken without food or water. Also available in mixed flavour (cherry, berry and orange) in both pack sizes.