

Berocca Effervescent Tablets Blackcurrant Flavour



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
BAYER PLC
Pack size
15, 45
RRP
£6.85, £17.09
Legal Status
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Uses

Format and Ingredients and %NRV

Blackcurrant-flavoured effervescent tablet containing:
Vitamin B12 10µg 400, Vitamin B1 (thiamin) 11.8mg 1073,
Vitamin B2 (riboflavin) 15mg 1071, Vitamin B6 8.22mg 587,
Niacin 50mg NE 312, Pantothenic acid 23mg 383, Folic Acid
400µg 200, Biotin 150µg 300, Vitamin C 500mg 625, Calcium
100mg 12.5, Magnesium 100mg 26.7, Zinc 10mg 100,

Dosage

18 years and over: 1 tablet per day dissolved in a glass of water. Under 18 years: not recommended. Not suitable for pregnant or breast feeding women or people with kidney problems.