

# Berocca Effervescent Tablets Mixed Berries Flavour



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
BAYER PLC  
**Pack size**  
15, 30, 45  
**RRP**  
£6.85, £12.45, £17.09  
**Legal Status**

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## Uses

## Format and Ingredients and %NRV

Mixed-berries flavoured effervescent tablet containing:  
  
Vitamin B12 8.6µg 344, Vitamin B1 (thiamin) 10.4mg 945,  
Vitamin B2 (riboflavin) 13.6mg 971, Vitamin B6 7.1mg 507,  
Niacin 45.3mg NE 283, Pantothenic acid 22.7mg 378, Folic  
Acid 366µg 183, Biotin 130µg 260, Vitamin C 476mg 595,  
Magnesium 95mg 25, Zinc 9mg 90,

## 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.