

# Berocca Mind Effervescent Tablets



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

BAYER PLC

## Pack size

15

## RRP

£9.99

## Legal Status



## Uses

Available in Berry and Citrus flavours.



## Format and Ingredients and %NRV

Effervescent Tablet containing:

Vitamin B1 (thiamin) 1.4mg 127, Vitamin B2 (riboflavin) 1.6mg 114, Niacin (vitamin B3) 18mg NE 113, Pantothenic Acid 6mg 100, Vitamin B6 2mg 143, Biotin 150µg 300, Folic Acid 200µg 100, Vitamin B12 2.5µg 100, Vitamin C 60mg 75, Magnesium 135mg 36, Zinc 4.6mg 46, Iron 12mg 86, Spanish Sage essential oil (*Salvia officinalis* subsp. *Lavandulifolia*) 25µl,



## Dosage

Adults 18 years and over: 1 tablet daily dissolved in a glass of water. Not recommended during pregnancy or breastfeeding.