



# Berocca Immuno Effervescent Tablets

## Uses

## Dosage

12 years and over: 1 tablet a day dissolved in a glass of water. Do not exceed the recommended daily dose of 1 tablet. Not suitable for people with iron absorption or kidney problems, or for pregnant or breastfeeding women. Under 12 years: not recommended.

## Format and Ingredients

Per effervescent tablet:  
Vitamin C 1000mg 87.5, Vitamin A 700µg RE 200, Vitamin D 10µg 375, Vitamin E 45mg ?-TE 464, Vitamin B6 6.5mg 200, Vitamin B12 9.6µg 384, Folic Acid (vitamin B9) 400µg 1250, Zinc 10mg 36, Iron 5mg 90, Copper 0.9mg 100, Selenium 110µg 200,

<b>Category:</b> Vitamins, Minerals and Nutritionals	<b>Pack size:</b> 15, 30
<b>Manufacturer:</b> BAYER PLC	<b>RRP:</b> £8.99, £15.59
	<b>Legal Status:</b> ,