Centrum Men 50+

Uses

Dosage

Adult men over 50: 1 tablet daily with water, preferably with food.

Format and Ingredients

Tablet containing:
Vitamin A 800µg 100, Vitamin E 24mg 200, Vitamin C 80mg 100, Vitamin K 30µg 40, Vitamin B1 (Thiamine) 1.65mg 150, Vitamin B2 (Riboflavin) 2.1mg 150, Vitamin B6 2.1mg 150, Vitamin B12 7.5µg 300, Vitamin D 15µg 300, Biotin 75µg 150, Folic Acid 300µg 150, Niacin 24mg 150, Pantothenic Acid 9mg 150, Iron 2.1mg 15, Calcium 200mg 25, Iodine 100µg 67, Copper 0.5mg 50, Magnesium 135mg 36, Phosphorus 105mg 15, Chromium 40µg 100, Molybdenum 50µg 100, Selenium 45µg 82, Zinc 5mg 50,

Category:
Food supplements

Manufacturer:
HALEON PLC

Pack size: 30, 60

RRP: £7.50, £14.50

Legal Status: ,

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