

Berocca Effervescent Tablets



Category

Vitamins, Minerals and
Nutritionals

Manufacturer

BAYER PLC

Pack size

15 (all flavours), 30
(orange flavour), 45 (all
flavours)

RRP

£9.85, £17.50, £25.10

Legal Status

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Uses

Available in Natural Orange, Blackcurrant, Mango and Mixed Berry Flavours.



Format and Ingredients and %NRV

Per effervescent tablet:

Vitamin B12 10µg 400, Vitamin B1 (thiamine) 12mg 1091,
Vitamin B2 (riboflavin) 15mg 1071, Vitamin B6 8.2mg 586,
Niacin (vitamin B3) 50mg NE 313, Pantothenic Acid 23mg
383, Folic Acid 400µg 200, Biotin 150µg 300, Vitamin C
500mg 625, Magnesium 100mg 27, Zinc 10mg 100, Calcium
100mg 13,



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 recommended during pregnancy or breastfeeding. Not suitable for people with kidney problems. Under 12 years: not recommended.