# Centrum Advance 50+

## Uses

## Dosage

Adults over 50 years: 1 tablet daily with water, preferably with food.

## Format and Ingredients

Tablet containing:
Vitamin A 800µg 100, Vitamin E 18mg 150, Vitamin C 120mg 150, Vitamin K 30µg 40, Vitamin B1 (Thiamine) 1.65mg 150, Vitamin B2 (Riboflavin) 2.1mg 150, Vitamin B6 2.1mg 150, Vitamin B12 3µg 120, Vitamin D 5µg 100, Biotin 75µg 150, Folic Acid 300µg 150, Niacin 24mg 150, Pantothenic Acid 9mg 150, Calcium 162mg 20, Phosphorus 125mg 18, Magnesium 100mg 27, Iron 2.1mg 15, Iodine 100µg 67, Copper 500µg 50, Manganese 2mg 100, Chromium 40µg 100, Selenium 30µg 55, Zinc 5mg 50, Molybdenum 50µg 100,

**Category:**
Food supplements

**Manufacturer:**
HALEON PLC

**Pack size:** 30, 100, 180

**RRP:** £5.85, £15.00, £28.00

**Legal Status:** , ,

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Linen Hall, 162-168 Regent Street, London W1B 5TB