



Berocca Effervescent Tablets Mixed Berries Flavour

Uses

Dosage

18 years and over: 1 tablet per day dissolved in a glass of water. Under 18 years: not recommended. Not suitable for pregnant or breast feeding women or people with kidney problems.

Format and Ingredients

Mixed-berries flavoured effervescent tablet containing:
Vitamin B12 8.6µg 344, Vitamin B1 (thiamin) 10.4mg 945,
Vitamin B2 (riboflavin) 13.6mg 971, Vitamin B6 7.1mg 507,
Niacin 15.3mg 283, Pantothenic acid 22.7mg 378, Folic