

# Red Kooga Natural Energy Release Tablets



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
SOHO FLORDIS UK LTD  
**Pack size**  
30  
**RRP**  
£7.14  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Tablet containing:  
  
Vitamin B1 (thiamin) 1.4mg, Vitamin B2 (riboflavin) 1.6mg,  
Niacin 18mg NE, Vitamin B6 (pyridoxine hydrochloride) 2mg,  
Folic Acid 200µg, Vitamin B12 1µg, Pantothenic acid 6mg,  
Guarana Extract 400mg, Ginseng Extract 30mg,



## Dosage

Adults: up to 2 tablets a day swallowed with a drink. Best taken for a 6 to 8 week period followed by a break of a couple of weeks to obtain maximum benefit. Children: not to be used.