

Berocca Boost Effervescent Tablets



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
BAYER PLC
Pack size
10, 20
RRP
£6.45, £11.85
Legal Status
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Uses



Format and Ingredients and %NRV

Effervescent tablet containing:

Vitamin B1 (thiamin) 1.4mg 127, Vitamin B2 (riboflavin) 1.6mg 114, Niacin 18mg NE 112, Vitamin B6 2mg 143, Folic Acid 200µg 100, Vitamin B12 1µg 40, Biotin 150µg 300, Pantothenic acid 6mg 100, Vitamin C 60mg 75, Calcium 100mg 12.5, Caffeine 35mg, Magnesium 100mg 27, Zinc 9.5mg 95, Guarana Extract 222.2mg,



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.