

# Berocca Energy Effervescent Tablets Blackcurrant Flavour



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

BAYER PLC

## Pack size

15, 45

## RRP

£9.85, £25.10

## Legal Status

,



## Uses



## Format and Ingredients and %NRV

Effervescent tablet containing:

Vitamin B12 10µg 400, Vitamin B1 (thiamin) 11.8mg 1073,  
Vitamin B2 (riboflavin) 15mg 1071, Vitamin B6 8.22mg 587,  
Niacin 50mg NE 313, Pantothenic Acid 23mg 383, Folic Acid  
400µg 200, Biotin 150µg 300, Vitamin C 500mg 625, Calcium  
100mg 13, Magnesium 100mg 27, Zinc 10mg 100,



## Dosage

12 years and over: 1 tablet per day dissolved in a glass of water. Under 12 years: not recommended. Not suitable for pregnant or breast feeding women or people with kidney problems. Suitable for vegans.