

# Centrum MultiGummies - Energy Release



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

HALEON PLC

## Pack size

30, 60

## RRP

£6.50, £13.99

## Legal Status

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## Uses

## Format and Ingredients and %NRV

Mixed berry flavoured multigummies containing per 2  
gummies:

Vitamin D 10µg 200, Niacin 16mg 100, Vitamin B6 1.6mg  
114, Vitamin B12 4µg 160, Biotin 24µg 48,

## Dosage

Adults: 2 gummies per day. Chew until fully dissolved. May be  
taken without food or water.