

Berocca Energy Effervescent Tablets Mango Flavour



Category

Vitamins, Minerals and
Nutritionals

Manufacturer

BAYER PLC

Pack size

15, 45

RRP

£9.85, £25.10

Legal Status

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Uses

Format and Ingredients and %NRV

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 45.3mg NE 283, Pantothenic Acid 22.7mg 378, Folic
Acid 366µg 183, Biotin 130µg 260, Vitamin C 476mg 595,
Magnesium 95mg 25, Zinc 9mg 90,

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.