

# Centrum MultiGummies - Energy Release



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
PFIZER CONSUMER  
HEALTHCARE  
**Pack size**  
30, 60  
**RRP**  
£6.50, £12.50  
**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.