

# Centrum MultiGummies - Adults



**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

Orange flavoured multigummies containing per 2 gummies:

Vitamin A 660µg 82, Vitamin D 10µg 200, Vitamin E 10mg 83,  
Vitamin C 80mg 100, Niacin 16mg 100, Vitamin B6 1.6mg  
114, Vitamin B12 2.0µg 80, Biotin 24µg 48, Zinc 5.6mg 56,  
Iodine 100µg 67,



## Dosage

Adults: 2 gummies per day. Chew until fully dissolved. May be taken without food or water. Also available in mixed flavour (cherry, berry and orange) in both pack sizes.