

# Berocca Tablets



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
BAYER PLC  
**Pack size**  
30  
**RRP**  
£9.75  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Film coated tablet containing:

Vitamin B1 (thiamin) 10.6mg 964, Vitamin B2 (riboflavin) 13.5mg 964, Vitamin B6 7.4mg 529, Niacin 45mg NE 281, Folic Acid 360µg 180, Vitamin B12 8.5µg 340, Pantothenic acid 20.7mg 345, Biotin 128µg 256, Vitamin C 475mg 594, Magnesium 90mg 24, Zinc 9mg 90,



## Dosage

18 years and over: 1 tablet per day with water. Under 18 years: not recommended. Not suitable for pregnant or breast feeding women or people with kidney problems.