Centrum Women 50+

Uses

Dosage

Adult women over 50: 1 tablet daily with water, preferably with food. Not suitable for use during pregnancy or breastfeeding.

Format and Ingredients

Tablet containing:
Vitamin A 800µg 100, Vitamin E 16mg 133, Vitamin C 80mg 100, Vitamin K 30µg 40, Vitamin B1 (Thiamine) 1.5mg 136, Vitamin B2 (Riboflavin) 1.8mg 129, Vitamin B6 2.1mg 150, Vitamin B12 7.5µg 300, Vitamin D 15µg 300, Biotin 75µg 150, Folic Acid 300µg 150, Niacin 20mg 125, Pantothenic Acid 9mg 150, Iron 4.2mg 30, Calcium 340mg 43, Iodine 100µg 67, Copper 0.5mg 50, Magnesium 107mg 29, Phosphorus 105mg 15, Chromium 40µg 100, Molybdenum 50µg 100, Selenium 30µg 55, Zinc 5mg 50,

Category:
Food supplements

Manufacturer:
HALEON PLC

Pack size: 30, 60

RRP: £7.50, £14.50

Legal Status: ,

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