# Berocca Hydrate Natural Grapefruit Flavour Effervescent Tablets

## Uses

## Dosage

Adults 12 years and over: 2 tablets per day dissolved in a glass of water (200ml). Not recommended for use during pregnancy or lactation.

## Format and Ingredients

Per 2 effervescent tablets:
Vitamin B1 (Thiamine) 190, Vitamin B6 214, Folic Acid (vitamin B9) 100, Vitamin B12 360, Potassium 8.88, Magnesium 60, Chloride 20.13, Glucose 3.2, Sodium,

**Category:**
Food supplements

**Manufacturer:**
BAYER PLC

**Pack size:** 20, 40

**RRP:** £8.00, £14.00

**Legal Status:** ,

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