

# Centrum Advance



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
HALEON PLC  
**Pack size**  
30, 60, 100, 180  
**RRP**  
£5.37, £9.67, £15.04,  
£22.49  
**Legal Status**  
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## Uses



## Format and Ingredients and %NRV

Tablet containing:

Vitamin A 800µg 100, Vitamin E 15mg 125, Vitamin C 100mg 125, Vitamin K 30µg 40, Vitamin B1 (thiamine) 1.4mg 127, Vitamin B2 (riboflavin) 1.75mg 125, Vitamin B6 2mg 143, Vitamin B12 2.5µg 100, Vitamin D 5µg 100, Biotin 62.5µg 125, Folic Acid 200µg 100, Niacin 20mg 125, Pantothenic Acid 7.5mg 125, Calcium 162mg 20, Phosphorous 125mg 18, Magnesium 100mg 27, Iron 5mg 36, Iodine 100µg 67, Copper 500µg 50, Manganese 2mg 100, Chromium 40µg 100, Molybdenum 50µg 100, Selenium 30µg 55, Zinc 5mg 50,



## Dosage

Over 11 years: 1 tablet daily with water, preferably with food.