



## Pro Plus Fizz

### Uses

### Dosage

16 years and over: dissolve 1 tablet in 200ml water once a day. Contains 100mg caffeine per tablet. Do not exceed 400mg caffeine per day from all sources. Not recommended for children or during pregnancy.

### Format and Ingredients

Effervescent tablet containing:  
Caffeine 100mg, Vitamin B2 (Riboflavin) 2.8mg 200, Vitamin B6 2.8mg 200, Vitamin B12 5µg 200, Guarana Extract 30mg, providing Caffeine 3mg, Panax Ginseng Extract 30mg,

**Category:**

Tonics and Stimulants, Vitamins,  
Minerals and Nutritional

**Manufacturer:**

G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 20

**RRP:** £5.99

**Legal Status:**