Centrum Pregnancy + DHA Omega-3

Uses

Dosage

1 tablet and 1 capsule per day, preferably with food.

Format and Ingredients

Tablet containing:
Vitamin A (beta-carotene) 500µg 63, Vitamin E 12mg ?-TE 100, Vitamin C 100mg 125, Thiamine 1.4mg 127, Riboflavin 1.7mg 121, Vitamin B6 1.9mg 136, Vitamin B12 2.6µg 104, Vitamin D 13µg 250, Biotin 35µg 70, Folic Acid 400µg 200, Niacin 22mg NE 138, Pantothenic Acid 6mg 100, Calcium 140mg 18, Magnesium 60mg 16, Iron 27mg 193, Iodine 175µg 117, Copper 0.5mg 50, Manganese 2mg 100, Selenium 30µg 55, Chromium 40µg 100, Zinc 11mg 110, Capsule containing:Fish Oil 442mg, providing DHA 200mg, EPA 40mg, Vitamin E 12mg ?-TE 100,

Category:
Food supplements

Manufacturer:
HALEON PLC

Pack size: 30

RRP: £19.99

Legal Status:

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Linen Hall, 162-168 Regent Street, London W1B 5TB

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