



# Berocca Boost Effervescent Tablets

**Directions:** Adults: Dissolve 1 tablet in 8-12 ounces of water in a glass or bottle. Drink once daily.

<b>Supplement Facts</b>		
Serving Size: 1 tablet		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	5	
Vitamin C	54 mg	60%
Thiamin (B <sub>1</sub> )	1.2 mg	100%
Riboflavin (B <sub>2</sub> )	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B <sub>6</sub>	1.7 mg	100%
Folate	300 mcg DFE (180 mcg Folic Acid)	75%
Vitamin B <sub>12</sub>	0.9 mcg	38%
Biotin	135 mcg	450%
Pantothenic Acid	5 mg	100%
Calcium	90 mg	7%
Magnesium	90 mg	21%
Zinc	8.6 mg	78%
Sodium	340 mg	15%
<b>Proprietary Blend</b>	257 mg	**
Caffeine, Guarana ( <i>Paullinia cupana</i> [seed]) Extract		
**Daily Value not established.		

**Ingredients:** Citric Acid, Sodium Bicarbonate, Magnesium Sulfate, Sorbitol, Calcium Carbonate, Guarana Extract (seed), Artificial Flavor, Magnesium Carbonate, Maltodextrin; Less than 2% of: Acesulfame Potassium, Ascorbic Acid, Aspartame†, Beet Juice Powder (color), Biotin, Caffeine, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Mannitol, Nicotinamide, Polysorbate 60, Pyridoxine Hydrochloride, Riboflavin Sodium Phosphate, Sodium Carbonate, Thiamine Monophosphate Chloride, Zinc Citrate.

**†PHENYLKETONURICS: CONTAINS PHENYLALANINE**

**This product contains about as much caffeine as a cup of coffee (75 mg).**

**For Adult Use Only**

**If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.**

**KEEP OUT OF REACH OF CHILDREN**

**Do not exceed recommended intake**

**Ask your doctor before use if you are on a sodium-restricted diet.**

**Questions or comments? 1-800-800-4793 (Mon-Fri 9AM-5PM EST)**