



Berocca

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

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	< 1 g	< 1%*
Vitamin C	1000 mg	1111%
Thiamin (B ₁)	15 mg	1250%
Riboflavin (B ₂)	15 mg	1154%
Niacin	50 mg	313%
Vitamin B ₆	10 mg	588%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	10 mcg	417%
Biotin	150 mcg	500%
Pantothenic Acid	23 mg	460%
Calcium	50 mg	4%
Magnesium	50 mg	12%
Zinc	10 mg	91%
Sodium	260 mg	11%
Potassium	5 mg	< 1%
Proprietary Blend: Caffeine, Guarana Extract (seed)	87.78 mg	**
Caffeine	44 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

INGREDIENTS: Citric Acid, Ascorbic Acid, Sodium Bicarbonate, Maltodextrin, Magnesium Sulfate, Calcium Carbonate, Magnesium Carbonate, Polyvinylpyrrolidone, Caffeine; Less than 2% of: Acesulfame Potassium, Aspartame†, Beet Juice Powder (color), Beta-Carotene (color), Biotin, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Guarana Extract (seed), Mannitol, Natural and Artificial Flavors, Niacinamide, Polysorbate 60, Polyvinylpyrrolidone, Pyridoxine Hydrochloride, Riboflavin Sodium Phosphate, Salt, Sodium Carbonate, Sorbitol, Thiamine Hydrochloride, Zinc Citrate.

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

This product contains about as much caffeine as a cup of coffee (90 mg).

For Adult Use Only

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

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

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KEEP OUT OF REACH OF CHILDREN

Do not exceed recommended intake

Contact information -

Questions or comments?

Please call 1-800-800-4793 (Mon – Fri 9AM – 5PM EST)