



Berocca®
(Mixed Berry)

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

Supplement Facts

Serving Size: One effervescent tablet

	Amount Per Serving	% Daily Value
Calories	5	
Vitamin A (100% as beta-carotene)	500 IU	10%
Vitamin C	1000 mg	1667%
Thiamin (B ₁)	15 mg	1000%
Riboflavin (B ₂)	15 mg	882%
Niacin	50 mg	250%
Vitamin B ₆	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	10 mcg	167%
Biotin	150 mcg	50%
Pantothenic Acid	23 mg	230%
Calcium (elemental)	50 mg	5%
Magnesium	50 mg	13%
Zinc	10 mg	67%
Sodium	240 mg	10%
Potassium	5 mg	< 1%
Guarana Extract (seed)	89.45 mg	**
Caffeine	44 mg	**

**Daily Value not established.

INGREDIENTS: Citric Acid, Ascorbic Acid, Sodium Bicarbonate, Maltodextrin, Magnesium Sulfate, Calcium Carbonate, Magnesium Carbonate, Sorbitol, Caffeine, Polyvinylpyrrolidone; Less than 2% of: Acesulfame Potassium, Aspartame†, Beta-Carotene, Biotin, Calcium Pantothenate, Cyanocobalamin, FD&C Red #40, Folic Acid, Guarana Extract (seed), Mannitol, Natural and Artificial Flavors, Niacinamide, Polysorbate 60, Polyvinylpyrrolidone, Pyridoxine Hydrochloride, Riboflavin Sodium Phosphate, Salt, Sodium Carbonate, Thiamine Hydrochloride, Zinc Citrate.

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

If pregnant or breast-feeding, ask a health professional before use.

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

KEEP OUT OF REACH OF CHILDREN

†PHENYLKETONURICS: CONTAINS PHENYLALANINE



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Contact information –
Questions or comments?

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