



**Berocca®  
(Orange)**

**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

	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	5	
Total Carbohydrate	< 1 g	< 1%*
Vitamin A (100% as beta-carotene)	100 IU	2%
Vitamin C	1000 mg	1667%
Thiamin (B <sub>1</sub> )	15 mg	1000%
Riboflavin (B <sub>2</sub> )	15 mg	882%
Niacin	50 mg	250%
Vitamin B <sub>6</sub>	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B <sub>12</sub>	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	260 mg	11%
Potassium	5 mg	< 1%
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; Less than 2% of: Acesulfame Potassium, Aspartame†, Beet Juice Powder (color), Beta-Carotene, Caffeine, Cyanocobalamin, D-Biotin, 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.

**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.**

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

**KEEP OUT OF REACH OF CHILDREN**

**†PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Contact information -

***Questions or comments?***

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