Berocca Hydrate Natural Grapefruit Flavour Effervescent Tablets

Uses

Dosage

Adults 12 years and over: 2 tablets per day dissolved in a glass of water (200ml). Not recommended for use during pregnancy or lactation.

Format and Ingredients

Per 2 effervescent tablets:
Vitamin B1 (Thiamine) 190, Vitamin B6 214, Folic Acid (vitamin B9) 100, Vitamin B12 360, Potassium 8.88, Magnesium 60, Chloride 20.13, Glucose 3.2, Sodium,

Category:
Food supplements

Manufacturer:
BAYER PLC

Pack size: 20, 40

RRP: £8.00, £14.00

Legal Status: ,

A division of GROUPE EUROCOM
PAGB
Communications International Group

Product data © Communications International Group

Communications International Group Ltd 2026,
Linen Hall, 162-168 Regent Street, London W1B 5TB