



## Centrum Energy & Vitality

### Uses

### Dosage

Adults, the elderly and young persons aged 16 and over: 1 bottle a day. Remove the white plastic cap. Press down on the button to drop the contents of the lid into the liquid. Shake the bottle well until the powder dissolves completely, then remove the cap. The product must be ingested immediately after preparation.

### Format and Ingredients

Liquid shot containing:  
Niacin (Vitamin B3) 5.4mg 33, Vitamin B12 500µg 20000, Zinc 1.5mg 15,

**Category:**  
Food supplements

**Manufacturer:**  
HALEON PLC

**Pack size:** 15

**RRP:** £15.99

**Legal Status:**