



## Pharmaton Advance Direct Multivitamins and Minerals - Cranberry Flavour

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### Uses

### Dosage

18 years old and over: 1 stick per day dissolved on the tongue, no water needed. Not suitable for pregnant or breastfeeding women.

### Format and Ingredients

Cranberry-flavoured melting powder stick containing:  
Vitamin B1 (thiamin) 1.1mg 100, Vitamin B2 (riboflavin) 1.4mg 100, Pantothenic acid 6mg 100, Vitamin B6 1.4mg 100, Biotin 50µg 100, Folic Acid 200µg 100, Vitamin B12 2.5µg 100, Vitamin C 80mg 100, Vitamin E 12mg 2-TE 100, Calcium

