



Forceval Soluble is a sugar and preservative-free multivitamin and mineral food supplement presented as effervescent tablets available in both adult and junior strengths.

Presentation and forms

Forceval Soluble is available in both the adult and junior dosages in packs of 30 effervescent tablets (three tubes of 10 tablets)

- Forceval Soluble is suitable for adults and children over 12 years of age.
- Forceval Soluble Junior is suitable for children over 6 years of age.

How to take Forceval Soluble

The recommended daily dose is one tablet dissolved in water (125 – 200ml). To reduce the risk of nausea associated with some multivitamin and mineral supplements Forceval Soluble should be taken after food. Forceval Soluble contains both fat and water soluble vitamins, the resulting solution may therefore be cloudy and this is perfectly normal.

Forceval Soluble has a pleasant fruits of the forest flavour and is free from:

- Sugar
- Yeast
- Preservatives
- Gluten
- Eggs
- Nut
- Soya
- Lactose
- Milk/Dairy
- Aspartame, acesulfame or any other source of phenylalanine

Forceval Soluble uses

Forceval Soluble may be useful in situations where a liquid version of multivitamin and mineral is needed and may be particularly useful in the following groups of people:

- Elderly
- People who have difficulty swallowing tablets or capsules
- Children
- Vegetarians

Forceval Soluble and Forceval Soluble Junior are also compatible with a proprietary thickening agent

Composition & Nutrition Table

	FORCEVAL® SOLUBLE (per effervescent tablet)	FORCEVAL® SOLUBLE Junior (per effervescent tablet)
Vitamin A	750 µg RE	375 µg RE
Vitamin D3	10 µg	5 µg
Vitamin B1 (Thiamine)	1.2 mg	1.2 mg
Vitamin B2 (Riboflavin)	1.6 mg	1 mg
Vitamin B6	2 mg	1 mg
Vitamin B12	3 µg	2 µg
Vitamin C	60 mg	25 mg
Vitamin E	10 mg α-TE	5 mg α-TE
Biotin	100 µg	50 µg
Niacin	18 mg NE	7.5 mg NE
Pantothenic acid	4 mg	2 mg
Vitamin K	-	25 µg
Folacin (Folic Acid)	400 µg	100 µg
Iron	12 mg	5 mg
Copper	2 mg	1 mg
Phosphorus	105 mg	-
Calcium	120 mg	-
Magnesium	56.25 mg	56.25 mg
Iodine	140 µg	75 µg
Potassium	300 mg	300 mg
Zinc	15 mg	5 mg
Manganese	3 mg	350 µg
Selenium	50 µg	25 µg
Chromium	200 µg	50 µg
Molybdenum	250 µg	50 µg

	FORCEVAL® SOLUBLE (per effervescent tablet)	FORCEVAL® SOLUBLE Junior (per effervescent tablet)
Energy values	7.9 Kcal 33.1 KJ	8.5 Kcal 36.7 KJ
Protein (g)	0	0
Carbohydrates (g) of which sugar (g)	0.8 < 0.1	0.9 < 0.1
Fat (g)	0	0
Salt (g) as sodium (g)	0.2 < 0.1	0.3 0.1



Availability

For Hospitals and Pharmacies, Forceval Soluble and Forceval Soluble Junior can be ordered from AAH or Alliance Healthcare Distribution Limited using the following codes:

- Forceval Soluble – Pip-Code 369-1508
- Forceval Soluble Junior – Pip-Code 369-1524

Consumers are able to purchase both of these products through community pharmacies.