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Black Elderberry	1.9g per 10ml	1000mg per 2 Teddies	3.8g per 10ml	3.8g per 10ml	3.8g per 10ml	3.8g per 10ml	3.8g per 10ml	150mg per tablet	1200mg per pastille
Vitamin C	65mg per 10ml	80mg per 2 Teddies	110mg per 10ml	150mg per 10ml	110mg per 10ml		200mg per capsule	60mg per tablet	50mg per pastille
Zinc			2.6mg per 10ml	15mg per 10ml	2.6mg per 10ml		6mg per capsule	7.5mg per tablet	3mg per pastille
AntiVirin® Action	~	~	~	V	V	~	~	~	~
Sugar Free					V		~	~	
NO Artificial Colours	V	~	~	~	~	~	~	~	~
Suitable for Vegetarians	~	~	~	V	V	~		~	~
Suitable for Vegans	~	~	~		~	~		~	
Suitable for Children	Yes Children Aged 1 - 12	Yes Children Aged 4 - 12	Yes Children Aged 3+	Yes Children Aged 12+	Yes Children Aged 3+	Yes Children Aged 3+	Yes Children Aged 12+	Yes Children Aged 4+	Yes Children Aged 6+
Directions of Use	Kids 1 - 6: 5ml daily Kids 7 - 12: 10-15ml daily For winter use see pack for increased dosage	Kids 4 - 12: Chew 1 - 2 Teddies daily	Adults: 10ml daily Kids 3 - 12: 5ml daily For winter use see pack for increased dosage	10 - 15ml daily	Adults: 10 - 15ml daily Kids 3 - 12: 5 - 10ml daily For winter use see pack for increased dosage	Adults: 10ml daily Kids 3 - 12: 5 - 10ml daily For winter use see pack for increased dosage	Adults & Kids 12+: 1 - 2 capsules daily	Adults & Kids 4+: 1 - 3 Tablets daily. Dissolve 1 tablet in a glass of hot (not boiling) or cold water	Adults: Chew 1 - 2 pastilles every hour or as needed, up to 8 a day. Kids 9-12: Chew 1 pastille every 1-2 hours as needed, up to 8 a day Kids 6-8: Chew 1 pastille every 3 hours, up to 4 a day
RRP	£8.67	£12.99	£9.18	£9.99	£9.18	£8.67	£13.50	£8.99	£6.99