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Phizz Ltd UK, 10 Bloomsbury Way, London, WC1A 2SL
Phizz Ltd EU, 9710 Fenian St, Dublin 2, D02 RZ24
Made in EU. See base for expiry date.

www.phizz.co

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Contains 20 cherry flavoured
effervescent tablets – 20 servings.

PH IZZ

Nutritional Information		1 serving = 1 tablet in water	
Typical Values Per Serving		Amount Per Tablet (%NRV*)	
Energy	38kJ 9kCal	Potassium	115mg (6%)
Fat	0g	Chloride	229mg (23%)
(Saturates)	(0g)	Magnesium	56mg (15%)
Carbohydrates	1.2g	Zinc	2.5mg (25%)
(Sugars)	(1g)	Manganese	0.3mg (15%)
Protein	0g	Copper	150ug (150%)
Salt	0.8g	Vitamin C	240mg (300%)
Hydration Formula (per tablet):		Niacin	16mg NE (100%)
321mg Sodium		Panlthothenic Acid	12mg (200%)
115mg Potassium		Vitamin B5	2.5mg (175%)
229mg Chloride		Vitamin B1	3.3mg (300%)
*NRV = Nutrient Reference		Vitamin B2	0.9mg (64%)
Value Per Serving		Folic Acid	200ug (100%)
*NRV not established		Biotin	100ug (200%)
		Vitamin B12	5ug (200%)
		Caffeine	62mg*
		Guarana Extract	59mg*
		Total Caffeine	75mg*
Ingredients: Glucose (Sugar), Sodium Bicarbonate, Citric Acid, Salts (Potassium Chloride, Sodium Chloride), Ascorbic Acid, Malic Acid, (Magnesium Citrate, Magnesium Carbonate, Colouring Agents (Black Carrot Powder, Beetroot Powder), Cherry Flavour, Caffeine, Guarana Extract, Sucralose (Sweetener), Nicotamide, Calcium-D-panthothenate, Biotin, Cyanocobalamin, Thiamine Mononitrate, Pyridoxine Hydrochloride, Zinc Oxide, Folic Acid, Riboflavin-5-Phosphate, Copper Gluconate, Manganese Sulphate.			

**Not a medicine, KEEP OUT OF REACH OF CHILDREN,
CONTAINS 75MG CAFFEINE, NOT RECOMMENDED FOR
CHILDREN, IF YOU ARE PREGNANT OR BREASTFEEDING.**

How to take Phizz® Dissolve one tablet in
a glass or bottle of water (we like it chilled).
Once prepared consume within 24 hours.

How to take care of your Phizz® Store in
a cool dry place below 25°C. Keep the tube
tightly closed. Phizz is a food supplement,
not a substitute for a varied, balanced diet
and healthy lifestyle. Do not exceed the
recommended maximum dose of 4 tablets in
24 hours. If you have any pre-existing medical
conditions consult your doctor before use.



TUBE Widely Recycled

82g

Caffeine Boost

💧 Hydration
⚡ Electrolytes
+ Vitamins
+ Guarana

Cherry
20 Tablets

For Everyday Use

16 essential ingredients, scientifically
formulated for daily wellbeing,
exercise and travel.



138 mm

2 mm