

# Seven Seas Omega-3 & Turmeric



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
PROCTER & GAMBLE  
HEALTH  
**Pack size**  
30 + 30  
**RRP**  
£19.99  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Tablet containing:  
  
Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, Fish Oil 500mg,  
providing Omega-3 Nutrients 300mg, DHA 100mg, Tablet  
containing:Turmeric extract (Curcuma Longa L.) 85mg,  
equivalent to root (50:1), of which EPA 150mg,



## Dosage

Over 12 years: 1 tablet and 1 capsule daily with a glass of cold water.