

Seven Seas Omega-3 & Magnesium



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



Uses



Format and Ingredients and %NRV

Capsule containing:

Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, of which Fish
Oil 500mg, Omega-3 Nutrients 300mg, providing EPA 150mg,
DHA 100mg, Tablet containing: Magnesium 375mg 100,



Dosage

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