

Seven Seas Perfect7 Woman Plus



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
PROCTER & GAMBLE
HEALTH
Pack size
30 tablets and 30 capsules
RRP
£9.99
Legal Status



Uses



Format and Ingredients and %NRV

Tablet containing:

Vitamin A 800µg 100, Vitamin D 5µg 100, Vitamin E 10mg ?-
TE 83, Vitamin K 20µg 27, Vitamin C 60mg 75, Vitamin B1
(thiamine) 1.4mg 127, Vitamin B2 (riboflavin) 1.6mg 114,
Niacin 18mg NE 113, Vitamin B6 2mg 143, Folic Acid 200µg
100, Vitamin B12 1µg 40, Biotin 150µg 300, Pantothenic Acid
6mg 100, Calcium 200mg 25, Phosphorous 145mg 21,
Magnesium 100mg 27, Iron 14mg 100, Zinc 15mg 150,
Copper 1mg 100, Manganese 1mg 50, Selenium 25µg 45,
Chromium 25µg 63, Iodine 150µg 100, Capsule
containing:Fish Oil 615mg, providing Omega-3 Nutrients
356mg, DHA 124mg, Vitamin D 10µg 200, Vitamin C 20mg
25, of which EPA 188mg,



Dosage

Adults: 1 tablet (purple blister) and 1 capsule (silver blister) a
day with a cold drink.