



## Seven Seas Perfect7 Woman Plus

### Uses

### Dosage

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

### Format and Ingredients

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, Phosphorus 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,

**Category:**  
Vitamins, Minerals and Nutritional

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30 tablets and 30 capsules

**RRP:** £9.99

**Legal Status:**