Seven Seas Omega-3 & Multivitamins Man

Uses

Dosage

Adults 18 years and over: 1 Vitamin and Mineral tablet (blue blister) and 1 Omega-3 Fish Oil capsule a day (red blister) with a glass of cold water during or immediately after a meal.

Format and Ingredients

Capsule containing:
Fish body oil 1000mg, providing Omega-3 of which 300mg, EPA 160mg, DHA 100mg, Tablet containing:Vitamin A 530µg RE 66, Vitamin D 15µg 300, Vitamin E 10mgTE 83, Vitamin K 75µg 100, Vitamin C 90mg 113, Thiamin (Vitamin B1) 15mg 1364, Riboflavin (Vitamin B2) 25mg 1786, Niacin (Vitamin B3) 35mg NE 219, Vitamin B6 9mg 643, Folic Acid 200µg 100, Vitamin B12 20µg 800, Biotin 100µg 200, Pantothenic Acid 12mg 200, Calcium 120mg 15, Magnesium 80mg 21, Iron 3mg 21, Zinc 13.5mg 135, Copper 1mg 100, Manganese 1mg 50, Selenium 100µg 182, Chromium 50µg 125, Iodine 150µg 100,

Category:
Food supplements

Manufacturer:
PROCTER & GAMBLE HEALTH

Pack size: 30+30

RRP: £17.00

Legal Status:

A division of GROUPE EUROCOM
PAGB
Communications International Group

Communications International Group Ltd 2026,
Linen Hall, 162-168 Regent Street, London W1B 5TB

Product data © Communications International Group