



## Seven Seas Jointcare Supplex & Turmeric

### Uses

### Dosage

Adults: 1 capsule and 1 tablet a day with a glass of cold water.

### Format and Ingredients

Capsule containing;  
Vitamin D 5µg 100, Vitamin C 30mg 37.5, Manganese 0.3mg  
15, Fish Oil 307mg, Omega-3 Nutrients 178mg, EPA 156mg,  
Glucosamine Sulphate 2KCl 240mg, Tablet  
containing: Turmeric Root Extract from Curcuma longa L.  
85mg,

**Category:**  
Vitamins, Minerals and Nutritional

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30 capsules + 30  
tablets

**RRP:** £20.00

**Legal Status:**