# Seven Seas Omega-3 & Multivitamins Woman

## Uses

## Dosage

Adults 18 years and over: 1 vitamin and mineral tablet (pink blister) and 1 omega-3 fish oil capsule (red blister) per day 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 500µg RE 63, Vitamin D 20µg 400, Vitamin E 18mgTE 150, Vitamin K 75µg 100, Vitamin C 80mg 100, Thiamin (Vitamin B1) 12mg 1091, Riboflavin (Vitamin B2) 20mg 1429, Niacin (Vitamin B3) 30mg NE 188, Vitamin B6 9mg 643, Folic Acid 400µg 200, Vitamin B12 25µg 1000, Biotin 400µg 800, Pantothenic Acid 10mg 167, Calcium 130mg 16, Magnesium 70mg 19, Iron 14mg 100, Zinc 13.5mg 135, Copper 1mg 100, Manganese 1mg 50, Selenium 75µg 136, Chromium 50µg 125, Iodine 150µg 100,

**Category:**
Food supplements

**Manufacturer:**
PROCTER & GAMBLE HEALTH

**Pack size:** 30+30

**RRP:** £17.00

**Legal Status:**

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