

# Seven Seas Omega-3 & Magnesium



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

30 + 30

## RRP

£19.99

## Legal Status



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, of which Fish  
Oil 500mg, Omega-3 Nutrients 300mg, providing EPA 150mg,  
DHA 100mg, Tablet containing: Magnesium 375mg 100,



## Dosage

Over 12 years: 1 capsule and 1 tablet a day with a glass of  
cold water.