



## Seven Seas Trying For A Baby

### Uses

### Dosage

Women who are trying to conceive: 1 tablet a day with water, preferably with a meal.

### Format and Ingredients

Tablet containing:

Folate 400µg, as L-Methylfolate 208µg, Folic Acid 200µg 200, Vitamin B1 1.4mg 127, Vitamin B2 1.4mg 100, Niacin 12mg NE 75, Pantothenic Acid 6.0mg 100, Vitamin B6 1.9mg 136, Vitamin B12 4.5µg 180, Biotin 40µg 80, Vitamin C 55mg 69, Vitamin D 10µg 200, Vitamin E 4.8mcg ?-TE 40, Copper 0.6mg 60, Iodine 150µg 100, Iron 10mg 71, Magnesium 60mg 16, Selenium 26µg 47, Zinc 6.0mg 60, Choline 130mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 28

**RRP:** £12.00

**Legal Status:**