



## Seven Seas JointCare Max Glucosamine

### Uses

### Dosage

Adults 18 years and over: 1 JointCare capsule plus one Glucosamine tablet a day with a glass of water during or immediately after a meal.

### Format and Ingredients

Capsule containing:  
Vitamin D 5µg 100, Vitamin C 30mg 37.5, Zinc 2mg 20,  
Manganese 0.5mg 25, Glucosamine Sulphate 2KCl 330mg,  
Chondroitin Sulphate 13.5mg, Fish Oil 307mg, providing  
Omega-3 of which 184mg, EPA 92mg, DHA 61mg, Tablet  
containing: Glucosamine Sulphate 2KCl 1500mg,

**Category:**  
Vitamins, Minerals and Nutritional

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

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

**RRP:** £24.95

**Legal Status:**