



Seven Seas Omega-3 & Immunity

Uses

Dosage

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

Format and Ingredients

Capsule containing:
Fish Oil 1000mg, Omega-3 Nutrients 300mg, DHA 100mg,
Tablet containing: Vitamin D 25µg 500, Vitamin C 250mg 313,
Zinc 10mg 100, Selenium 100µg 182, Copper 1000µg 100,
Ginger Root Extract 34.25mg, Turmeric extract (Curcuma
Longa L.) 10mg, equivalent to root (50:1) 500mg, Citrus
Bioflavonoids 25mg, of which EPA 160mg,

Category:
Vitamins, Minerals and Nutritionals

Manufacturer:
PROCTER & GAMBLE HEALTH

Pack size: 30 + 30

RRP: £17.00

Legal Status: