# Seven Seas JointCare Max Glucosamine

## Uses

## Dosage

Adults 18 years and over: 1 JointCare capsule plus 1 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 2KCI 330mg, Chondroitin Sulphate 13.5mg, Fish Oil 307mg, providing Omega-3 of which 184mg, EPA 92mg, DHA 61mg, Tablet containing:Glucosamine Sulphate 2KCI 1500mg,

**Category:**
Food supplements, Food supplements

**Manufacturer:**
PROCTER & GAMBLE HEALTH

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

**RRP:** £24.95

**Legal Status:**

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