

# Seven Seas Jointcare Max



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

30 tablets + 30 capsules

## RRP

£22.00

## Legal Status



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Fish Oil 615mg, providing Omega-3 Nutrients 356mg, Of which EPA, and DHA 312mg, Fish Collagen 84mg, Vitamin D 10µg 200, Vitamin C 20mg 25, Tablet containing: Glucosamine Sulphate 2KCl 1500mg,



## Dosage

12 years and over: 1 capsule and 1 tablet a day with a cold drink.