

Seven Seas Omega-3 & Magnesium



Category

Vitamins, Minerals and
Nutritionals

Manufacturer

PROCTER & GAMBLE
HEALTH

Pack size

30 + 30

RRP

£19.99

Legal Status



Uses



Format and Ingredients and %NRV

Capsule containing:

Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, Of which Fish
Oil 500mg, Omega-3 Nutrients 300mg, providing EPA 150mg,
DHA 100mg, Tablet containing: Magnesium 375mg 100,



Dosage

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