

# Seven Seas Omega-3 & Immunity



**Category**

Vitamins, Minerals and  
Nutritionals

**Manufacturer**

PROCTER & GAMBLE  
HEALTH

**Pack size**

30 + 30

**RRP**

£17.00

**Legal Status**



**Uses**



**Format and Ingredients and %NRV**

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,



**Dosage**

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