



Seven Seas Omega-3 & Magnesium

Uses

Dosage

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

Format and Ingredients

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,

Category: Vitamins, Minerals and Nutritionals	Pack size: 30 + 30
Manufacturer: PROCTER & GAMBLE HEALTH	RRP: £19.99
	Legal Status: