



## Seven Seas Complete Multivitamins Adult

### Uses

### Dosage

Adult 18 years and over: 1 tablet a day with a cold drink.  
Should not be consumed on an empty stomach.

### Format and Ingredients

Tablet containing:

Vitamin A 800mcg RE 100, Vitamin D 5µg 100, Vitamin E 15mg ?-TE 125, Vitamin K 30µg 40, Vitamin C 100mg 125, Vitamin B1 (thiamine) 1.4mg 127, Vitamin B2 (Riboflavin) 2mg 143, Niacin 20mg NE 125, Vitamin B6 2mg 143, Folic Acid 200µg 100, Vitamin B12 2.5µg 100, Biotin 100µg 200, Pantothenic Acid 8mg 133, Calcium 162mg 20, Phosphorus 125mg 18, Magnesium 100mg 27, Iron 10mg 71, Zinc 5mg 50, Copper 0.5mg 50, Manganese 2mg 100, Selenium 55µg 100, Chromium 40µg 100, Molybdenum 50µg 100, Iodine 150µg 100, Ginseng 18mg, Guarana 12mg, Inositol 10mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 28

**RRP:** £5.50

**Legal Status:**