



## 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

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30 + 30

**RRP:** £19.99

**Legal Status:**