



## Seven Seas Complete Multivitamins Women 50+

### Uses

### Dosage

Women 50 years and over: 1 tablet a day with a cold drink.

### Format and Ingredients

Tablet containing:

Vitamin A 120mcg RE 15, Vitamin D 6µg 120, Vitamin E 18mg  $\alpha$ -TE 150, Vitamin K 12µg 16, Vitamin C 120mg 150, Vitamin B1 (thiamine) 2mg 182, Vitamin B2 (Riboflavin) 4mg 286, Niacin 24mg NE 150, Vitamin B6 6mg 429, Folic Acid 200µg 100, Vitamin B12 5µg 200, Biotin 50µg 100, Pantothenic Acid 8mg 113, Calcium 162mg 20, Phosphorus 125mg 18, Magnesium 100mg 27, Iron 2.1mg 15, Zinc 10mg 100, Copper 1mg 100, Manganese 2mg 100, Selenium 40µg 73, Chromium 40µg 100, Molybdenum 50µg 100, Iodine 100µg 67, Beta-carotene 2mg, Ginseng 18mg, Green Tea 10mg, Guarana 12mg, Inositol 10mg, Lutein 1mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 28

**RRP:** £5.50

**Legal Status:**