



Seven Seas Complete Multivitamins Women 50+ Tablets

Uses

Dosage

Adult women: 1 tablet a day.

Format and Ingredients

Tablet containing:

Vitamin A 120mcg RE 15, Vitamin D 6µg 120, Vitamin E 18mg
?-TE 150, Vitamin K 12µg 16, Vitamin C 120mg 150, Vitamin
B1 (thiamin) 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, Phosphorous 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:
P&G HEALTH

Pack size: 28

RRP: £6.99

Legal Status: