



## Seven Seas Jointcare Complete

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### Uses

### Dosage

Adults: 2 capsules a day.

### Format and Ingredients

Contents of 2 capsules:

Vitamin D 10µg 200, Vitamin E 3mg  $\alpha$ -TE 25, Vitamin K 40 µg 53, Vitamin C 40mg 50, Calcium 200mg 25, Copper 0.5mg 50, Cod Liver Oil, and Fish Oil 950mg, Providing Omega-3 Nutrients 376mg, Of which EPA 174mg, DHA 138mg, Glucosamine sulphate 2KCl 674mg, Chondroitin Sulphate 90mg,