



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