

# Seven Seas Complete Multivitamins Men 50+ Tablets



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
28  
**RRP**  
£6.99  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

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  
28mg NE 175, Vitamin B6 5mg 357, Folic Acid 300µg 150,  
Vitamin B12 10µg 400, Biotin 50µg 100, Pantothenic acid  
10mg 167, 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, Guarana 12mg, Inositol 10mg,  
Lutein 1mg,



## Dosage

Adults: one tablet a day.