



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
SOHO FLORDIS UK LTD  
**Pack size**  
90  
**RRP**  
£12.45  
**Legal Status**



Uses



Format and Ingredients and %NRV

Capsule containing:  
Green Lipped Mussel Extract 350mg,



Dosage

Adults: 1-3 capsules daily with food. Three capsules a day are recommended initially for the first 90 days. After this period dosage can be reduced to 2 and then 1 capsule a day.