

# Seven Seas Trying for a Baby



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
28  
**RRP**  
£4.49  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Tablet containing: %NRV  
Vitamin D 5µg 100, Vitamin B6 1.4mg 100, Folic Acid 400µg 200, Vitamin B12 1.5µg 60, Biotin 50µg 100, Iron 14mg 100, Zinc 10mg 100, Selenium 55µg 100,



## Dosage

Women trying for a baby: 1 tablet a day.