



## Seven Seas Perfect7 Man Plus

### Uses

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### Dosage

Adults: 1 tablet (blue blister) and 1 capsule (silver blister) a day with a cold drink. Adults: 1 tablet (blue blister) and 1 capsule (silver blister) a day with a cold drink. Adults: 1 tablet (blue blister) and 1 capsule (silver blister) a day with a cold drink.

### Format and Ingredients

Tablet containing:  
Vitamin D 5µg 100, Vitamin E 40mg ?-TE 333, Vitamin C 60mg 75, Vitamin B1 (thiamin) 8mg 727, Vitamin B2 (riboflavin) 4mg 286, Niacin 18mg NE 113, Vitamin B6 10mg 714, Folic Acid 400µg 200, Vitamin B12 9µg 360, Biotin 45µg 90, Pantothenic acid 40mg 667, Magnesium 75mg 20, Iron 12mg 86, Zinc 15mg 150, Copper 1mg 100, Manganese 0.5mg 25, Selenium 100µg 182, Chromium 50µg 125, Iodine 200µg 133, Capsule containing: Fish Oil 1000mg, Providing EPA 150mg, DHA 100mg, Providing DHA Also provides 200mg Zzz,