



## Seven Seas Pregnancy Plus Follow On

### Uses

### Dosage

One tablet and one capsule a day with food.

### Format and Ingredients

Tablet containing:

Vitamin D 10µg 200, Vitamin E 15mg ?-TE 125, Vitamin K 37.5µg 50, Vitamin C 70mg 88, Thiamin (vitamin B1) 1.4mg 127, Vitamin B2 (riboflavin) 1.4mg 100, Niacin 18mg NE 113, Vitamin B6 1.9mg 136, Folic Acid 400µg 200, Vitamin B12 2.6µg 104, Biotin 50µg 100, Pantothenic acid 6mg 100, Potassium 300mg 15, Calcium 120mg 15, Iron 17mg 121, Magnesium 60mg 16, Zinc 15mg 150, Copper 1mg 100, Manganese 2mg 10, Selenium 55µg 100, Iodine 150µg 1000, Beta-carotene 1mg, Ginger extract 10mg, Capsule containing: Fish Oil Concentrate 1105mg, Providing Omega-3 Nutrients Of which 640mg, EPA 310mg, DHA 210mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
P&G HEALTH

**Pack size:** 28 tablets and 28 capsules

**RRP:** £14.99

**Legal Status:**