



## Seven Seas JointCare Essential

### Uses

### Dosage

Adults 18 years and over: 1 capsule a day with a glass of cold water during or immediately after a meal.

### Format and Ingredients

Capsule containing:  
Fish Oil 307mg, Omega-3 184mg, of which EPA 92mg, DHA 61mg, Glucosamine Sulphate 2KCl 330mg, Chondroitin Sulphate 13.5mg, Vitamin D 5µg 100, Vitamin C 30mg 37.5, Manganese 0.5mg 25, Zinc 2mg 20,

**Category:**  
Food supplements, Food supplements

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30, 60

**RRP:** £9.95, £18.00

**Legal Status:** ,