

# Seven Seas Pregnancy



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
28  
**RRP**  
£4.99  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

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 100, Selenium 55µg 100, Iodine 150µg 100, Beta-carotene 1mg, Ginger extract 10mg,



## Dosage

Pregnant women: 1 tablet a day.