



# Seatone

## Uses

## Dosage

Adults: 1-3 capsules daily with food. Three capsules a day are recommended initially for the first 90 days. After this period dosage can be reduced to 2 and then 1 capsule a day.

## Format and Ingredients

Capsule containing:  
Green Lipped Mussel Extract 350mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Pack size:** 90

**RRP:** £12.45

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