Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Maximum Strength Liquid



Category

Vitamins, Minerals and **Nutritionals** Manufacturer PROCTER & GAMBLE HEALTH Pack size 150ml, 300ml **RRP** £7.00, £10.00 **Legal Status**





Format and Ingredients and %NRV

Golden yellow liquid containing in 10ml:

Fish Oil 6.8g, Cod Liver Oil Blend 2.4g, providing Omega-3 Nutrients 2300mg, of which EPA 955mg, and DHA 825mg, Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83,



Dosage

Over 15 years: two 5ml teaspoonfuls daily. Over 11 years: one 5ml teaspoonful daily. Can be taken on its own or mixed with milk or fruit juice.

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