

# 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

,



## Uses



## 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.