

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Gelatine Free High Strength Capsules



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

60, 120

## RRP

£8.00, £12.00

## Legal Status

,



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Cod Liver Oil 266mg, Fish Oil Concentrate 263mg, Omega-3  
Nutrients 193mg, of which EPA 92mg, DHA 68mg, Vitamin D  
10µg 200, Vitamin E 10mg ?-TE 83,



## Dosage

Over 12 years: 1 capsule a day with a glass of cold water.