

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil plus Multivitamins



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

30, 90

## RRP

£6.00, £12.00

## Legal Status

,



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Cod Liver Oil 280mg, Fish Oil 220mg, providing Omega-3  
Nutrients 110mg, Of which EPA 50mg, and DHA 45mg,  
Vitamin A 600µg RE 75, Vitamin D 5µg 100, Vitamin E 12mg  
α-TE 100, Vitamin K 18µg 24, Vitamin C 65mg 81, Thiamin  
(vitamin B1) 1.4mg 127, Vitamin B2 (riboflavin) 1.6mg 114,  
Niacin 18mg NE 113, Vitamin B6 2mg 143, Folic Acid 200µg  
100, Vitamin B12 3.4µg 136, Biotin 10µg 20,



## Dosage

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