

# Seven Seas Omega-3 Extra Strength



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

30

## RRP

£11.99

## Legal Status



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Vitamin D 10µg 200, Fish Oil 1250mg, DHA 250mg, providing  
Omega-3 Nutrients 750mg, Of which EPA 375mg,



## Dosage

12 years and over: 1 capsule a day with a glass of water.