

# Seven Seas Original Cod Liver Oil Plus Omega-3 Fish Oil



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

300ml, 450ml

## RRP

£5.51, £10.00

## Legal Status

,



## Uses



## Format and Ingredients and %NRV

Liquid containing:

Cod liver oil and fish oil 9.2mg, providing Omega-3 Nutrients 1950mg, DHA 740mg, Vitamin A 1200µg RE 150, Vitamin D 10µg 200, Vitamin E 6.6mg ?-TE 55, Of which EPA 840mg,



## Dosage

15 years and over: two 5ml teaspoons daily. Not suitable for women who are pregnant or planning a pregnancy.