



# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Maximum Strength Capsules

## Uses

## Dosage

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

## Format and Ingredients

Capsule containing:  
Fish Oil 1250mg, DHA 313mg, Vitamin D 10µg 200, providing  
Omega-3 Nutrients 1063mg, of which EPA 688mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 60

**RRP:** £10.00

**Legal Status:**