

# 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.