

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil One-A-Day



**Category**

Vitamins, Minerals and  
Nutritionals

**Manufacturer**

PROCTER & GAMBLE  
HEALTH

**Pack size**

30, 60, 120

**RRP**

£4.20, £7.00, £10.00

**Legal Status**

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**Uses**



**Format and Ingredients and %NRV**

Capsule containing:

Cod Liver Oil 250mg, Fish Oil 230mg, providing Omega-3  
Nutrients 120mg, of which EPA 54mg, DHA 46mg, Vitamin D  
10µg 200, Vitamin A 750mcg RE 94,



**Dosage**

Over 12 years: 1 capsule a day with a cold drink.