



## Seven Seas Omega-3

### Uses

### Dosage

1 capsule a day with a glass of water.

### Format and Ingredients

Capsule containing:  
Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, Fish Oil 500mg,  
DHA 100mg, providing Omega-3 Nutrients 300mg, of which  
EPA 150mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30

**RRP:** £9.50

**Legal Status:**