



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

## Uses

## Dosage

Over 15 years: two 5ml teaspoonfuls daily. Over 11 years: one 5ml teaspoonful daily. Can be taken on its own or mixed with milk or fruit juice.

## Format and Ingredients

Golden yellow liquid containing in 10ml:  
Fish Oil 6.8g, Cod Liver Oil Blend 2.4g, providing Omega-3 Nutrients 2300mg, of which EPA 955mg, and DHA 825mg, Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83,

**Category:**  
Vitamins, Minerals and Nutritionals

**Pack size:** 150ml, 300ml

**RRP:** £7.00, £10.00

us: ,



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