



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

## Uses

## Dosage

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

## Format and Ingredients

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,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30, 60, 120

**RRP:** £4.20, £7.00, £10.00

**Legal Status:** , ,