



# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil High Strength Capsules

## Uses

## Dosage

Adults and children over 12 years: 1 capsule a day with a glass of cold water.

## Format and Ingredients

Capsule containing:  
Cod Liver Oil 266mg, Fish Oil Concentrate 263mg, Omega-3 Nutrients 193mg, of which EPA 92mg, DHA 68mg, Vitamin D 10µg 200, Vitamin E 10mg ?-TE 83,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 60, 120

**RRP:** £8.00, £12.00

**Legal Status:** ,