



## Seven Seas Omega-3 Extra Strength

### Uses

### Dosage

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

### Format and Ingredients

Capsule containing:  
Vitamin D 10µg 200, Fish Oil 1250mg, DHA 250mg, providing  
Omega-3 Nutrients 750mg, of which EPA 375mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30

**RRP:** £15.00

**Legal Status:**