

# Seven Seas Original Cod Liver Oil Plus Omega-3 Fish Oil



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
PROCTER & GAMBLE  
HEALTH  
**Pack size**  
150ml, 450ml  
**RRP**  
£4.50, £10.00  
**Legal Status**  
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## Uses



## Format and Ingredients and %NRV

Liquid containing:

Cod liver oil and fish oil 9.2mg, providing Omega-3 Nutrients 1950mg, DHA 740mg, Vitamin A 1200µg RE 150, Vitamin D 10µg 200, Vitamin E 6.6mg ?-TE 55, of which EPA 840mg,



## Dosage

15 years and over: two 5ml teaspoons daily. Not suitable for women who are pregnant or planning a pregnancy.