



# Seven Seas Omega-3 Max Strength

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## Uses

## Dosage

Over 12 years: For heart, brain, vision and immune system benefits: 1 capsule daily with a glass of cold water. For blood pressure benefits: 3 capsules daily with a glass of cold water.

## Format and Ingredients

Capsule containing:  
Fish Oil 1250mg, providing Omega-3 Nutrients 1063mg, of which EPA 688mg, DHA 313mg, Vitamin D 10µg 200,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 30

**RRP:** £22.00

**Legal Status:**