



# Seven Seas Maximum Strength Omega-3 Fish Oil Plus Cod Liver Oil

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## Uses

## Dosage

Adults over 15 years: Two 5ml teaspoons daily. Children over 11 years: One 5ml teaspoon daily. Can be taken on its own or mixed with milk or fruit juice.

## Format and Ingredients

Liquid containing per 10ml:  
Fish Oil 6.8g, Cod Liver Oil 2.4g, providing Omega-3  
Nutrients of which, EPA 955mg, DHA 825mg, Vitamin D 5µg  
100, Vitamin E 10mg ?-TE 83,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 150ml, 300ml

**RRP:** £10.00, £18.00

**Legal Status:** ,