



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

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## Uses

## Dosage

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

## Format and Ingredients

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,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 150ml, 450ml

**RRP:** £4.50, £10.00

**Legal Status:** ,