

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



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
PROCTER & GAMBLE  
HEALTH  
**Pack size**  
60  
**RRP**  
£10.00  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

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



## Dosage

Over 12 years: 1 capsule a day with a glass of cold water.