

Seven Seas Omega-3 Fish Oil plus Cod Liver Oil One-A-Day



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
PROCTER & GAMBLE
HEALTH
Pack size
30, 60, 120
RRP
£4.20, £7.00, £10.00
Legal Status

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Uses



Format and Ingredients and %NRV

Capsule containing:

Cod Liver Oil 250mg, Fish Oil 230mg, providing Omega-3
Nutrients 120mg, of which EPA 54mg, DHA 46mg, Vitamin D
10µg 200, Vitamin A 750mcg RE 94,



Dosage

Over 12 years: 1 capsule a day with a cold drink.