

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



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
150ml, 300ml  
**RRP**  
£5.42, £8.42  
**Legal Status**  
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## Uses

## Format and Ingredients and %NRV

Golden yellow liquid containing in 10ml:  
  
Fish Oil 6.8g, Cod Liver Oil Blend 2.4g, Providing Omega-3  
Nutrients 2300mg, Of which EPA 955mg, and DHA 825mg,  
Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83,

## Dosage

Over 15 years: two 5ml teaspoonfuls daily. Over 11 years: one  
5ml teaspoonful daily.