

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil plus Garlic



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
90  
**RRP**  
£12.42  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Capsule containing:  
  
Fish Oil Blend 800mg, Of which Cod Liver Oil 408mg,  
Providing Omega-3 Nutrients 160mg, Of which EPA 51mg,  
DHA 69mg, Vitamin A 800µg 150, Vitamin D 10µg 160,  
Vitamin E 2mg 16, Thiamin (vitamin B1) 0.55mg 15,



## Dosage

Over 12 years: one capsule a day.