

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



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
30, 60, 120  
**RRP**  
£4.20, £6.35, £9.90  
**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.