

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



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

P&G HEALTH

## Pack size

30, 90

## RRP

£5.02, £11.98

## Legal Status

,



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Fish Oil Blend 500mg, Of which Cod Liver Oil 143mg,  
Providing Omega-3 Nutrients 110mg, Of which EPA 50mg,  
and DHA 45mg, Vitamin A 800mcg RE 100, Vitamin D 5µg  
100, Vitamin E 12mg  $\alpha$ -TE 100, Vitamin K 18µg 24, Vitamin C  
65mg 81, Thiamin (vitamin B1) 1.4mg 127, Vitamin B2  
(riboflavin) 1.6mg 114, Niacin 18mg NE 113, Vitamin B6 2mg  
143, Folic Acid 200µg 100, Vitamin B12 3.4µg 136, Biotin  
10µg 20,



## Dosage

Over 12 years: 1 capsule a day..