

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Orange Flavour Liquid



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
150ml, 300ml  
**RRP**  
£4.62, £7.84  
**Legal Status**  
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## Uses



## Format and Ingredients and %NRV

Liquid containing in 10ml:  
  
Cod liver oil and fish oil 2.9g, Omega-3 Nutrients 650mg, Of which EPA 195mg, DHA 305mg, Vitamin C 50mg 63, Vitamin D 6µg 100,



## Dosage

Adults and children over 3 years: two 5ml teaspoonsful daily.