

# Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Gelatine Free High Strength Capsules



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
60, 120  
**RRP**  
£7.74, £12.88  
**Legal Status**  
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## Uses



## Format and Ingredients and %NRV

Capsule containing:  
  
Fish Oil Concentrate 262mg, Cod Liver Oil 134mg, Providing  
Fish Oil 129mg, Omega-3 Nutrients 200mg, Of which EPA  
86mg, DHA 69µg, Vitamin D 5µg 100, Vitamin E 10mcg ?-TE  
83,



## Dosage

Over 12 years: 1 capsule a day.