

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



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
P&G HEALTH  
**Pack size**  
90  
**RRP**  
£10.99  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Capsule containing:  
  
Fish Oil Blend 500mg, Of which Cod Liver Oil 153mg,  
Providing Omega-3 Nutrients 120mg, Of which EPA, and DHA  
100mg, Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83, Calcium  
267mg 33,



## Dosage

Adults: one capsule a day with a cold drink.