



Seven Seas Omega-3 Fish Oil plus Cod Liver Oil + Turmeric

Uses

Dosage

Over 12 years: one capsule & one tablet a day.

Format and Ingredients

Capsule containing:
Vitamin D 5µg 100, Fish Oil Blend 525mg, Of which Cod Liver Oil 268mg, Omega-3 Nutrients 120mg, Of which EPA 36mg, DHA 49mg, Tablet containing: Turmeric extract (Curcuma Longa L.) 85mg,