



## Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Maximum Strength Liquid

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### Uses

### Dosage

Over 15 years: two 5ml teaspoonfuls daily. Over 11 years: one 5ml teaspoonful daily.

### Format and Ingredients

Golden yellow liquid containing in 10ml:  
Fish Oil 6.8g, Cod Liver Oil Blend 2.4g, Providing Omega-3 Nutrients 2300mg, Of which EPA 955mg, and DHA 825mg, Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83,