



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

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### Uses

### Dosage

Over 12 years: 1 capsule a day.

### Format and Ingredients

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  $\alpha$ -TE  
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