



Seven Seas Omega-3 Fish Oil plus Cod Liver Oil plus Garlic

Uses

Dosage

Over 12 years: one capsule a day.

Format and Ingredients

Capsule containing:
Fish Oil Blend 800mg, Of which Cod Liver Oil 408mg,
Providing Omega-3 Nutrients 160mg, Of which EPA 51mg,
DHA 69mg, Vitamin A 800µg 150, Vitamin D 10µg 160,
Vitamin E 2mg 16, Thiamin (vitamin B1) 0.55mg 15,