



## Seven Seas Omega-3 Fish Oil plus Cod Liver Oil Orange Flavour Liquid

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### Uses

### Dosage

Adults and children over 3 years: two 5ml teaspoonsful daily.

### Format and Ingredients

Liquid containing in 10ml:  
Cod liver oil and fish oil 2.9g, Omega-3 Nutrients 650mg, Of which EPA 195mg, DHA 305mg, Vitamin C 50mg 63, Vitamin D 6µg 100,