



Seven Seas Omega-3 Fish Oil plus Cod Liver Oil One-A-Day

Uses

Dosage

Over 12 years: 1 capsule a day with a cold drink.

Format and Ingredients

Capsule containing:
Cod Liver Oil 250mg, Fish Oil 230mg, Providing Omega-3
Nutrients 120mg, Of which EPA 54mg, DHA 46mg, Vitamin D
10µg 200, Vitamin A 750mcg RE 94,