

# Seven Seas Omega-3



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

PROCTER & GAMBLE  
HEALTH

## Pack size

30

## RRP

£7.99

## Legal Status



## Uses



## Format and Ingredients and %NRV

Capsule containing:

Vitamin D 10µg 200, Vitamin E 2mg ?-TE 17, Fish Oil 500mg,  
DHA 100mg, providing Omega-3 Nutrients 300mg, Of which  
EPA 150mg,



## Dosage

12 years and over: 1 capsule a day with a glass of water.