



## Seven Seas Cod Liver Oil One-A-Day

### Uses

### Dosage

Adults and children over 12 years: 1 capsule a day with a cold drink.

### Format and Ingredients

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

**Category:**  
Food supplements

**Manufacturer:**  
PROCTER & GAMBLE HEALTH

**Pack size:** 60, 120

**RRP:** £7.50, £12.50

**Legal Status:** ,