



Seven Seas Omega-3 Fish Oil plus Cod Liver Oil + Magnesium

Uses

Dosage

Over 12 years: 1 capsule and 1 tablet a day.

Format and Ingredients

Capsule containing:
Vitamin D 5µg 100, Fish Oil Blend 525mg, Of which Cod Liver Oil 268mg, Omega-3 Nutrients 120mg, Of which EPA 36mg, DHA 49mg, Tablet containing: Magnesium 375mg 100,