

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



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

P&G HEALTH

## Pack size

30 + 30

## RRP

£17.00

## Legal Status



## Uses



## Format and Ingredients and %NRV

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,



## Dosage

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