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Seven Seas Cod Liver Oil High Strength Gelatine Free Omega-3 120 Caps

Ingredients

Fish Oil Concentrate (35%), Cod Liver Oil (**Fish**) (18%), **Fish** Oil (17%), Capsule Shell (Modified Maize Starch, Glycerol, Gelling Agent: Carrageenan; Acidity Regulator: Sodium Carbonate), Vitamin E, Vitamin D Prep. (Fractionated Vegetable Oil, Vitamin D, DL Alpha Tocopherol)

Allergy advice - For allergens, see ingredients in **bold**.

Fish

Nutritional Information

	Per capsule	%NRV*
Fish Oil Concentrate	262 mg	
Cod Liver Oil	134 mg	
Fish Oil	129 mg	
Blend providing Omega-3 nutrients	200 mg	
Of which EPA	86 mg	
Of which DHA	69 mg	
Vitamin D	5µg	100
Vitamin E	10 mg α-TE	83

*NRV = Nutrient Reference Value NRV = RDA