

3228673

Seven Seas Cod Liver Oil Max Strength Omega-3 Fish Oil & Vitamin D 60 Capsules

Ingredients

Fish Oil Concentrate (35%), Cod Liver Oil (**Fish**)(18%), **Fish** Oil(17%), Capsule Shell (Gelatin, Glycerol), Vitamin E, Vitamin D Prep, (Fractionated Vegetable Oil, Vitamin D, DL Alpha Tocopherol).

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

Fish

Nutritional Information

Average Values	Per Capsules	% NRV*
Fish Oil Concentrate	525 mg	
Cod Liver Oil	268 mg	
Fish Oil	257 mg	
Blend providing Omega-3 nutrients	400 mg	
Of which EPA	199 mg	
Of which DHA	161 mg	
Vitamin D	5 µg	100
Vitamin E	10 mg α-TE	83

*NRV = Nutrient Reference Value NRV= RDA