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Seven Seas Cod Liver Oil One-A-Day Omega-3 Fish Oil & Vitamin D 60 Capsules

Ingredients

Cod Liver Oil (**Fish 37%**), **Fish** Oil (34%), Capsule Shell (Beef Gelatin, Humectant: Glycerol), Retinyl Palmitate (Vitamin A), Medium Chain Triglycerides, Antioxidants (Tocopherol-Rich Extract, Alpha-Tocopherol), Cholecalciferol (Vitamin D). Allergen advice: see ingredients in **bold**.

Nutrition Information

Average Values	Per Capsule	%NRV*
Vitamin A	750 µg RE	94
Vitamin D	10 µg	200
Cod Liver Oil	250 mg	
Fish Oil	230 mg	
Combined Oils Provide		
Omega-3 Nutrients	120 mg	
of which EPA	54 mg	
of which DHA	46 mg	

*NRV = Nutrient Reference Value