



SEVEN SEAS



What are omega 3 Fatty Acids?

Omega-3 fatty acids

- Essential nutrients obtained from food/supplements
- Help to build & maintain a healthy body
- Key to the structure of all cells
- Energy source & helps to keep the heart, lungs, blood vessels & immune system working



Position on supplementation

Position on supplements

- It is the position of the American Dietetic Association that the best nutrition-based strategy for promoting optimal health and reducing the risk of chronic disease is to wisely choose a wide variety of nutrient-rich foods.
- Additional nutrients from supplements can help some people meet their nutrition needs as specified by science-based nutrition standards such as the Dietary Reference Intakes. ¹



SEVEN SEAS





SEVEN SEAS ONCE-A-DAY CAPSULES

Seven Seas Cod Liver Oil Once-A-Day (OAD) Caps

- Available in a pack of 60 capsules
- On-pack claim:
 - Maintain normal bone, muscles, brain function, skin and immunity
 - Gelatin-free



One capsule contains:

Ingredient	Quantity
Vitamin A	2500 IU/ 800 µg
Vitamin D	100 IU/ 2,5 µg
Cod liver oil	268 mg
Omega 3 nutrients	120 mg
EPA & DHA	85 mg



SEVEN SEAS COD LIVER OIL SYRUP

Seven Seas Cod Liver Oil Liquid

- Available in a pack containing 100 mls.
- On-pack claim: **'Builds Health Naturally !'**
- A dose of 10 ml contains:

Ingredient	Quantity	Benefit
Vitamin A	4000 IU / 1200 mcg	Contributes to immune system Maintenance of normal vision
Vitamin D	400 IU /10 mcg	Normal bones and teeth
Vitamin E	10 IU / 6.7 mg	Protection of cells from oxidative stress
Omega 3 nutrients	2 g	EPA/DHA – normal heart function DHA – normal brain function
EPA	0,84 g	
DHA	0,74 g	



How to take SS CLO Liquid

Composition: EPA, DHA and Vitamin A, D & E

Dosage:

Children 1 year. – 6 years.: 2.5 ml daily (1/2 teaspoon)

Children aged 7 years and older: 5 ml daily (1 teaspoon)

Adults and children aged 18 years and over: 10 ml (2 teaspoons) daily



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