

DOSAGE: Adults and children over 12 years: One capsule a day with a cold drink. Do not exceed the recommended dosage. Food supplements are intended to supplement the diet and should not be regarded as a substitute for a varied diet and a healthy lifestyle.

NUTRITION INFORMATION

Average Values	Per Capsule	%NRV
Fish Oil Blend	525 mg	
Of which Cod Liver Oil	268 mg	
Providing Omega-3 nutrients	120 mg	
Of which EPA	36 mg	
Of which DHA	49 mg	
Vitamin D	4 µg	80

NRV = Nutrient Reference Value

INGREDIENTS: Cod Liver Oil (*Fish*) (36%), Fish Oil (35%), Capsule Shell (Gelatin, Glycerol), Antioxidant: Vitamin E, Vitamin D Prep. (Fractionated Vegetable Oil, Vitamin D).

Seven Seas® is a registered Trade Mark of Merck Consumer Healthcare Ltd.

Simply Timeless® is a registered Trade Mark of Merck KGaA

Made for Seven Seas Ltd.
Bedfont Cross, Stanwell Road,
Feltham, TW14 8NX, UK.

SEVEN SEAS®

120
ONE-A-DAY
CAPSULES



Simply Timeless®

Omega-3 Fish Oil Plus COD LIVER OIL



ONE-A-DAY

- ✓ **Bones** Vitamin D
- ✓ **Heart** EPA & DHA
- ✓ **Vision** DHA
- ✓ **Brain** DHA

TO OPEN, SCORE ALONG DOTTED LINE
CHECK SEAL IS INTACT BEFORE PURCHASE

At Seven Seas we believe that it's the simple things in life that keep you feeling young at heart. Seven Seas Simply Timeless® contains natural source Omega-3 Fish Oil with Cod Liver Oil, rich in Vitamin D that helps maintain good health.

Simply Timeless® is a simple way to support your body.

- ✓ **Bones:** Vitamin D supports normal bones
- ✓ **Heart:** EPA & DHA support normal heart function*
- ✓ **Vision:** DHA supports the maintenance of normal vision*
- ✓ **Brain:** DHA supports normal brain function*

*The beneficial effects for brain and vision are obtained with a daily intake of 250 mg of DHA

*The beneficial effect for the heart is obtained with a daily intake of 250 mg of EPA and DHA

120 ONE-A-DAY CAPSULES – FOOD
SUPPLEMENT GELATIN BASED CAPSULES
CONTAINING A FISH OIL BLEND, COD LIVER
OIL AND FORTIFIED WITH VITAMIN D

HAVE ANY QUESTIONS OR COMMENTS?
Visit www.seven-seas.com

KEEP OUT OF REACH OF YOUNG
CHILDREN. REPLACE LID SECURELY
STORE IN A COOL, DRY PLACE, BELOW 25°C.

MERCK

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BEST BEFORE
END SEP 20
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