

**PROPOSED LABEL/CARTON TEXT.**  
**SEVEN SEAS ONE-A-DAY PURE COD LIVER OIL CAPSULES**  
**(PL 01932/0262)**

**Front:**

Seven Seas One-A-Day Pure Cod Liver Oil Capsules

10 (20, 30, 60, 90, 100, 120, 150) Capsules

Only Seven Seas pure and natural cod liver oil is specially purified using the unique Ocean Gold<sup>TM</sup> method, a breakthrough in cod liver oil refining that guarantees a purer product

**Back (& Side Panels):**

Each capsule contains: Cod Liver Oil with vitamins A, D & E 1.0ml, Retinol (Vitamin A) 4000iu, Colecalciferol (Vitamin D) 400iu, Vitamin E (Alpha Tocopherol Acetate) 1.0iu. Also contains: gelatin, glycerin and water

Cod Liver Oil with vitamins A, D & E provides a rich source of vitamins A and D and several unsaturated fatty acids which are essential food factors.

Seven Seas One-A-Day Pure Cod Liver Oil Capsules are a traditional remedy for the relief of muscular and joint stiffness and aches. They are also used in the treatment of combined vitamin A, D and E deficiencies, and as a combined vitamins A, D, E and polyunsaturates supplement to the diet during childhood and in adults with a very poor dietary status.

Do not take Seven Seas One-A-Day Pure Cod Liver Oil Capsules if:

- You are sensitive to any of the ingredients given above.
- You have too much calcium or vitamins A, D or E in your blood.

If you are taking thiazides (water tablets) or oral contraceptives, talk to your doctor before taking Seven Seas One-A-Day Pure Cod Liver Oil Capsules.

**Dosage:**

For oral administration.

Adults & Children over 6 years: For the treatment of deficiency and as a dietary supplement, take 1 capsule per day. Treatment of deficiencies should be continued for 2 weeks – 2 months until the deficiency is corrected.

Not recommended for children under 6 years.

Do not use during pregnancy and lactation unless advised by your doctor. Doses of vitamins A, D and E in excess of those recommended should be avoided during pregnancy and lactation.

Do not take other supplements of vitamin A and D whilst taking this product.

This product contains glycerin, which is harmful in high doses. Glycerin can cause headaches, stomach upset and diarrhoea. If you experience any other side-effects, or think you have taken too much, consult your doctor or pharmacist.

Keep out of the reach of children.

Store in a cool dry place in tightly closed containers. Do not use after the expiry date.

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PL Holder & Manufacturer : Seven Seas Healthcare, Hedon Road, Hull, HU9 5NJ.

Lot:

Exp:

Date of revision of the text: July **2013**.