

St Clement's Cod Liver Oil – 1,000mg

Omega 3 enriched

Why St Clement's Cod Liver Oil?

Each one-a-day capsule contains 1,000mg of Healthspan's unique St Clement's Cod Liver Oil, enriched with omega 3 to provide 105mg DHA and 120mg EPA to provide support for normal brain and heart function. A rich source of vitamins A & D, Healthspan's Cod Liver Oil goes through an extensive refining process to ensure it is virtually taste and odour free. For optimal levels consider taking Healthspan's Super Strength Cod Liver Oil.

Pharmaceutical quality

This Healthspan product is produced to pharmaceutical standards in government-approved facilities that operate to the highest manufacturing standards known as GMP (Good Manufacturing Practice). The purity of all ingredients is rigorously tested before manufacture.



120 capsules

240 capsules

Active Joints

Cardio Care

Cognitive Health

Daily Essential


Perfect partners



Rose Hip – 5,000mg

Optiflex® Glucosamine
– 1,500mg

MultiVitality® Gold

recommended intake	One capsule daily.  * Two may be taken for higher levels of omega 3.
available as	120 or 240 capsules.
nutritional info	Typical values per capsule, % RDA (where applicable) in brackets: St Clement's Flavoured Omega 3 Enriched Cod Liver Oil 1,000mg providing Omega 3 Fatty Acids 285mg of which DHA 105mg and EPA 120mg Vitamin A 400mcg (50) Vitamin D 5mcg (50)
ingredients	Omega 3 Enriched Cod Liver Oil, Fish Gelatin, Glycerin – of vegetable origin, Orange Oil, Lemon Oil, Mixed Tocopherols, Vitamin A, Vitamin D.
caution	If you are taking any prescribed medication or have any medical conditions always consult your doctor or pharmacist before taking vitamins or supplements. Keep out of sight and reach of young children. Do not exceed stated recommended intake. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place.

