

FOOD STANDARDS AGENCY FISH OIL SURVEY 2002 TABLE OF RESULTS

Description	Formulation	Dosage instructions	Lot/Batch No.	Best before date	Concentration of dioxins and dioxin-like PCBs (WHO TEQ ng/kg oil)	Adult exposure (pg WHO-TEQ/kg bodyweight/ day)
Holland and Barrett pure cod liver oil 250mls	Bottled	Recommended daily dose: Adults 10ml daily, Children 5 - 15 years old 5ml daily. To take on its own or mixes easily with milk or orange juice. Do not exceed stated dose.	L0229	Aug-02	46.01	7.1
Superdrug pure cod liver oil with vitamins A, D & E lemon flavour 300mls	Bottled	Direction for use: Adults and children over 12 years: Swallow 10mls a day, with a meal, as a food supplement. Not suitable for children under 12 years of age.	300909	Apr-03	27.33	4.2
Boots Cod liver oil 200ml Bottle	Bottled	Suggested Daily Intake: Adults and children over 15 years, one 5ml teaspoonful daily, children 5 to 15 years half a 5ml teaspoon daily.	1GG3	Aug-02	32.96	2.5
Holland and Barrett Naturally inspired Salmon oil 1000mg Capsules	Capsule	Directions: Take two (2) capsules 1/2 hour after breakfast and two (2) capsules after an evening meal. Do not exceed the stated dose.	48732-03	Dec-03	25.11	1.7
Superdrug pure cod liver oil 340mg capsules	Capsule	Direction for use: Swallow two capsules 3 times a day with a meal as a food supplement	29818	Dec-02	33.55	1.1
Seven Seas High strength pure Cod liver oil 300ml	Bottled	Recommended daily intake: Adults 10ml daily, Children over 5 years old 5ml daily. Can be taken on its own or mixed with milk or orange juice . Women who are pregnant, lactating or likely to become pregnant 5ml daily. Exceeding the suggested daily intake i	311313	Mar-04	6.00	0.9
Seven Seas pure Cod liver oil 170ml [LM]	Bottled	Recommended daily dose: Adults 10ml daily, Children 5 - 15 years old 5ml daily. Women who are pregnant, lactating or likely to become pregnant 5ml daily. Can be taken on its own or mixes easily with twice the quantity milk or orange juice just before meal	311655	May-04	5.90	0.9
Seven Seas pure Cod liver oil 450ml [LM]	Bottled	Recommended daily dose: Adults 10ml daily, Children 5 - 15 years old 5ml daily. Women who are pregnant, lactating or likely to become pregnant 5ml daily. Can be taken on its own or mixes easily with twice the quantity of milk or orange juice just before m	311757	May-04	5.67	0.9

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Seven Seas pure Cod liver oil 300ml [LM]	Bottled	Recommended daily dose: Adults 10ml daily, Children 5 - 15 years old 5ml daily. Women who are pregnant, lactating or likely to become pregnant 5ml daily. Can be taken on its own or mixes easily with twice the quantity of milk or orange juice just before m	311362	Apr-04	4.99	0.8
Seven Seas High strength pure Cod liver oil 150ml	Bottled	Recommended daily intake: Adults 10ml daily, Children over 5 years old 5ml daily. Can be taken on its own or mixed with milk or orange juice . Women who are pregnant, lactating or likely to become pregnant 5ml daily. Exceeding the suggested daily intake i	310925	Feb-04	3.72	0.6
Seven Seas High strength pure Cod liver oil 300ml	Bottled	Recommended daily intake: Adults 10ml daily, Children over 5 years old 5ml daily. Can be taken on its own or mixed with milk or orange juice . Women who are pregnant, lactating or likely to become pregnant 5ml daily. Exceeding the suggested daily intake i	311138	Mar-04	3.63	0.6
Seven Seas pure cod liver oil (ocean gold) 450mls [LM]	Bottled	Recommended daily dose: Adults 10ml daily, Children 5 - 15 years old 5ml daily. Women who are pregnant, lactating or likely to become pregnant 5ml daily. Can be taken on its own or mixes easily with twice the quantity milk or orange juice just before meal	301696	Jul-03	3.24	0.5
Seven Seas Maxepa Liquid 150mls [LM]	Bottled	Directions for use: Adults and the elderly: one 5ml spoonful to be taken twice daily with food, or as directed by your doctor. Maxepa liquid should be used with appropriate dietary measures	301290	May-03	2.90	0.4
Seven Seas High Strength pure Cod Liver Oil- Ocean Gold ULTRA PURE 150ml	Bottled	Recommended daily intake: Adults 10ml daily, Children over 5 years old 5ml daily. Can be taken on its own or mixed with milk or orange juice . Women who are pregnant, lactating or likely to become pregnant 5ml daily. Exceeding the suggested daily intake i	312332	Aug-04	2.03	0.3
SAFEWAY Cod liver Oil 550mg capsules	Capsule	Suggested Daily Intake: Adults and children over 12 years, one or two capsules daily, preferably with a meal. Do not exceed suggested intake.	41964	Jan-03	16.84	0.3
Boots cod liver oil One a Day 497mg capsules	Capsule	Suggested daily intake: Adults and children over 12 years, one capsule to be taken with liquid.	14161M	Mar-03	32.77	0.3
Tesco cod liver oil High Strength 1000mg capsules (one a day)	Capsule	Dosage for adults and children over 12: swallow one capsule a day, preferably with a meal. Do not exceed the recommended daily intake	35250	Jul-02	14.63	0.2

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GNC Cod liver oil, one a day 550mg Capsules	Capsule	Recommended Use: As a food supplement, take one capsule per day. Vitamin E has been added to preserve the freshness and potency of each softgel capsule.	01059A	Aug-03	19.74	0.2
Sainsbury's cod liver oil one a day capsules 550mg	Capsule	Recommended dosage: Swallow one capsule daily. Not recommended for children under 12.	35643	Jul-02	18.02	0.2
Vitamin World Naturally Inspired EPA Natural Fish oil 1000mg High in Omega-3 fatty acids, Cholesterol free 250 softgel capsules	Capsule	Directions: For Adults, take one softgel three times daily, preferably with a meal. Consult a doctor before use if you have had a recent surgery or bleeding disorder, are a pregnant or lactating woman or are taking prescription drugs. Laboratory tested to	46724C1	Aug-03	2.74	0.1
Seven Seas, Orange Syrup & Cod Liver Oil 150ml [LM]	Syrup	Recommended daily dose: Adults: 10ml daily. Children 5-15 years old: 5ml daily. Women who are pregnant, lactating or likely to become pregnant: 5ml daily. Dilute with boiled water if desired. Do not exceed stated dose	312820	Apr-03	0.77*	0.1
Asda cod liver oil 525mg capsules	Capsule	Suggested intake, adults and children over 12: Take 1 capsule daily with food	L48711	Jul-03	12.87	0.1
Healthchecks Pure cod liver oil one a day capsules 400mg	Capsule	Suggested Intake: Take one capsule daily with food as a food supplement. Do not exceed stated intake.	L89274	Aug-03	16.24	0.1
Holland and Barrett (naturally inspired) Cod liver oil with multivitamins capsules	Capsule	Directions: Take one (1) capsule preferably with a meal	4477001	May-03	12.19	0.1
Salmon Oil 500mg capsules Nature's Aid Health Products	Capsule	Two capsules per day with food.	363810	Feb-03	5.33	0.09
GOLDSHIELD Natural Care Cod Liver Oil capsules 400 mg	Capsule	Suggested daily intake: Take 1 - 2 capsules as a food supplement with water or as directed by a health professional	5022	May-03	5.66	0.08
Seven Seas pulse high strength concentrated fish oils capsules	Capsule	Recommended daily intake: Take one or two capsules with liquid each day. Exceeding the suggested daily intake is not recommended. Women who are pregnant or planning a pregnancy should consult their doctor before taking a vitamin or mineral supplements	300097	Jan-03	3.24	0.06

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Seven Seas pure cod liver oil (ocean gold) capsules. 320mg	Capsule	Recommended adult daily intake: Up to two capsules with liquid three times a day. Do not exceed the recommended intake. This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-	301491	Jun-03	4.34	0.05
Seven Seas pure Cod liver oil, capsules, 0.32ml [LM]	Capsule	Recommended daily dose: Adults and children over 6 years two capsules with liquid three times a day. Women are pregnant, lactating or likely to become pregnant one capsule 3 times a day. Do not exceed the stated dose.	311439	Apr-04	3.65	0.04
Superdrug pure fish oil with omega-3 550mg capsules	Capsule	Directions for use: Swallow 1-2 capsules a day, with a meal, as a food supplement. Do not exceed the recommended daily intake	32465	Feb-03	1.98	0.04
Seven Seas pure Cod liver oil, capsules 320mg	Capsule	Recommended adult daily intake: Up to two capsules with liquid three times a day. Do not exceed the recommended intake. This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-	301985	Aug-03	3.22	0.03
Seven Seas pure Cod liver oil, capsules, 0.32ml [LM]	Capsule	Recommended daily dose: Adults and children over 6 years two capsules with liquid three times a day. Women are pregnant, lactating or likely to become pregnant one capsule 3 times a day. Do not exceed the stated dose.	311697	May-04	3.12	0.03
Healthspan Cod liver oil 570mg high strength	Capsule	Recommended daily intake: Take one capsule once a day. Two or three capsules a day may be taken for higher levels of cardio-care Omega 3 fatty acids. Do not exceed six capsules per day.	92729	Jun-03	1.85	0.02

[LM] = Licensed medicines