

NUTRITION

FOR BEST RESULTS, TAKE ONE SERVING 1-2 TIMES DAILY WITH A MEAL.

MET-Rx® TRIPLE OMEGA

INTENSE TRAINING CAN TAKE A TOLL ON YOUR MUSCLES, WHICH IS WHY ALL ATHLETES SHOULD MAKE SURE THEY ARE GETTING ENOUGH ESSENTIAL FATTY ACIDS.

MET-Rx® TRIPLE OMEGA PROVIDES OMEGA-3, OMEGA-6 AND OMEGA-9 FATTY ACIDS NEEDED FOR METABOLIC REGULATION AND STRUCTURAL SUPPORT OF MUSCLE CELLS - WHICH MAY BECOME DAMAGED FROM HARD TRAINING.* EACH DOSE OF MET-Rx® TRIPLE OMEGA ALSO PROVIDES ANTIOXIDANT SUPPORT FROM VITAMIN E, WHICH HELPS SUPPORT MUSCLE CELLS FROM FREE RADICAL DAMAGE PRODUCED DURING EXERCISE.*

Directions: For adults, take two (2) softgels one to two times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DAILY NUTRITION

MET-Rx®The logo for Triple Omega, featuring the word "TRIPLE" in a smaller, bold, red font above the word "OMEGA" in a larger, bold, red font. Both words have a white outline. The background is a light gray with a red and green diagonal stripe pattern on the left side.

» MUSCLE CELL SUPPORT*

**» OMEGA 3-6-9
SUPPORTS HEALTHY JOINTS***

» ANTIOXIDANT SUPPORT FROM VITAMIN E*

[illegible]

240 SOFTGELS DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 120

Amount Per Serving	%Daily Value
Calories	25
Calories from Fat	20
Total Fat	2.5 g 4%**
Polyunsaturated Fat	1.5 g ***
Monounsaturated Fat	0 g ***
Cholesterol	10 mg ***
Protein	<1 g 1%**
Vitamin E (as d-Alpha Tocopherol)	10 IU 33%**
Fish Oil	800 mg ***
provides 400 mg of Total Omega-3 Fatty Acids†	***
comprising of:	
Omega-3 - Eicosapentaenoic Acid (EPA)	26.5% ***
Omega-3 - Docosahexaenoic Acid (DHA)	17% ***
Other Fatty Acids	***
Borage Seed Oil	800 mg ***
Typical Fatty Acid Profile:	
Omega-6 - Linoleic Acid	35% ***
Omega-6 - Gamma Linolenic Acid (GLA)	22% ***
Omega-9 - Oleic Acid	14% ***
Organic Flaxseed Oil	800 mg ***
Typical Fatty Acid Profile:	
Omega-3 - Alpha Linolenic Acid (ALA)	45% ***
Omega-6 - Linoleic Acid	12% ***
Omega-9 - Oleic Acid	11% ***

***Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Soybean Oil.
Contains fish (anchovy, mackerel, sardine) ingredients.

†As Ethyl Esters

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MET-RX®
Shaping Every Body.™

Manufactured in the USA by MET-Rx Nutrition, Inc.
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com