

**DAILY
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.

MET-Rx®

TRIPLE OMEGA

» **MUSCLE CELL SUPPORT***

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

» **ANTIOXIDANT SUPPORT FROM
VITAMIN E***

120 SOFTGELS

DIETARY SUPPLEMENT

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Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

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% ***

**Percent Daily Values are based on a 2,000 calorie diet.

***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