



Rugby®

Sea-Omega® 30

May REDUCE the RISK
of Coronary Heart Disease*

1200 mg

DIETARY SUPPLEMENT
100 SOFTGELS

**TAMPER RESISTANT - DO NOT USE IF IMPRINTED
SAFETY SEAL UNDER CAP IS BROKEN OR MISSING**

DIRECTIONS: For adults, take (1) one softgel three times a daily, preferably with a meal.

Supplement Facts

Serving Size: 1 Softgel

Amount per Softgel	% Daily Value†
Calories	15
Calories from Fat	10
Total Fat	1 g 2%
Saturated Fat	0 g 0%
Polyunsaturated Fat	0.5 g **
Monounsaturated Fat	0 g **
Cholesterol	<5 mg 1%
Fish Oil	1200 mg **
EPA (Eicosapentaenoic Acid)	**
DHA (Docosahexaenoic Acid)	**
Total Omega-3 Fatty Acids	360 mg **

†%Daily Value based on a 2,000 Calorie diet.

** Daily Values not established

Other Ingredients: Gelatin, glycerin, mixed tocopherols, purified water.

Contains fish (mackerel, sardine, anchovy) ingredients.

Free of: Yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor and sodium.

To preserve quality and freshness, keep bottle tightly closed. Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

Re-Order No. 370346

Rev. 10/16 R-140

Made in China

Control No.:

Exp. Date:



4224-100 Rev2

Questions or comments? 1-888-860-5376

www.rugbylaboratories.com

Distributed by: Rugby Laboratories

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