



Rugby

Sea-Omega[®] 30

Natural
Fish Oil Concentrate
1200 mg
DIETARY SUPPLEMENT
100 SOFTGEL CAPSULES

CHOLESTEROL
FREE



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

DIRECTIONS: Take one softgel capsule with each meal.

Supplement Facts

Serving Size 1 Capsule

Amount per capsule		% Daily Value
Calories	15	
Calories from fat	10	
Total Fat	1.2 g	2%*
Vitamin E (d-alpha tocopherol) (added as an antioxidant)	2 IU	6%
Total Omega-3 Fatty Acids (EPA, DHA and others)	360 mg	**

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin and purified water. Contains soy, fish (sardine, anchovy, salmon, mackerel. Other species may also be present in small amounts).



Free of sugar, starch, sodium, gluten, preservatives, yeast, corn, milk products, artificial colors-flavors.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN



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Control No.:

Exp. Date:

Questions or comments?

Call 1-800-645-2158, weekdays 9 am-5 pm EST

Mfd for: Rugby Laboratories, Inc.
Duluth, Georgia 30097