

**DAILY  
NUTRITION**

**MET-Rx® FISH OIL with VITAMIN D**

**EPA AND DHA FROM FISH OIL ARE "GOOD" FATS THAT ARE KNOWN TO PROMOTE HEART, CIRCULATORY AND JOINT HEALTH.\* THIS UNIQUE FORMULA ALSO CONTAINS HIGH POTENCY VITAMIN D3. VITAMIN D3 SUPPORTS THE IMMUNE SYSTEM WHILE PROMOTING BONE HEALTH.\***

**Directions:** For adults, take one (1) softgel three 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.

**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®**

**FISH OIL**

**with VITAMIN D**

- » **1200 mg FISH OIL**
- » **1000 IU VITAMIN D3**
- » **PURIFIED TO ELIMINATE MERCURY, PCBs AND DIOXINS**

**90 RAPID RELEASE  
SOFTGELS**

DIETARY SUPPLEMENT

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**Supplement Facts**

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	10 mg	3%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Fish Oil	1,200mg (1.2 g)	***
provides 360 mg of Total Omega-3 Fatty Acids† comprising of:		***
EPA (Eicosapentaenoic Acid)		***
DHA (Docosahexaenoic Acid)		***
Other Fatty Acids		***

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

\*\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Glycerin. **Contains <2% of:** Mixed Natural Tocopherols, Natural Caramel Color.

Contains fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides

**MET-Rx®**  
**Shaping Every Body.™**

Manufactured in the USA by  
MET-Rx Nutrition, Inc.

Boca Raton, FL 33487

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Questions? Call toll free 1-800-55-MET-Rx  
To learn more, please go to [www.MET-Rx.com](http://www.MET-Rx.com)



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