

**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 HEALTH AND STRUCTURAL SUPPORT OF MUSCLE CELLS - WHICH MAY BECOME DAMAGED FROM HARD TRAINING.*

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 or surgical 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***

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120 SOFTGELS

DIETARY SUPPLEMENT

**DAILY
NUTRITION**

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%**
Saturated Fat	<1 g	2%**
Polyunsaturated Fat	1.5 g	***
Monounsaturated Fat	0.5 g	***
Cholesterol	10 mg	3%
Protein	<1 g	1%**

Triple Omega 3-6-9	2,400 mg (2.4 g)	***
Proprietary Blend		
Organic Flaxseed Oil, Fish Oil, Borage Seed Oil		***
Typical Fatty Acid Profile:		
Omega-3		***
907 mg of Total Omega-3 Fatty Acids comprising of:		***
Eicosapentaenoic Acid (EPA)		***
Docosahexaenoic Acid (DHA)		***
Alpha Linolenic Acid (ALA)		***
Other Fatty Acids		***
Omega-6		***
219 mg of Total Omega-6 Fatty Acids comprising of:		***
Linoleic Acid		***
Gamma Linolenic Acid (GLA)		***
Omega-9		***
179 mg of Total Omega-9 Fatty Acids comprising of:		***
Oleic Acid		***

**Percent Daily Values are based on a 2,000 calorie diet.
*** Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

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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