

MET-Rx® TRIPLE OMEGA 3-6-9

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 protect muscle cells from free radical damage produced during exercise.*

DIRECTIONS:

For adults, take two (2) softgels one to two times daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium (less than 5 mg per serving).

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. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE 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.



- » Muscle Cell Protection*
- » Omega 3-6-9
- » Antioxidant Support*
- » Vitamin E

120 SOFTGELS

DIETARY SUPPLEMENT

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 ***
Typical Fatty Acid Profile:	
Omega-3 - Eicosapentaenoic Acid (EPA)	30-33% ***
Omega-3 - Docosahexaenoic Acid (DHA)	20-22% ***
Borage Seed Oil	800 mg ***
Typical Fatty Acid Profile:	
Omega-6 - Linoleic Acid	33-46% ***
Omega-6 - Gamma Linolenic Acid (GLA)	22% ***
Omega-9 - Oleic Acid	10-24.5% ***
Organic Flaxseed Oil	800 mg ***
Typical Fatty Acid Profile:	
Omega-3 - Alpha Linolenic Acid (ALA)	45-65% ***
Omega-6 - Linoleic Acid	11-24% ***
Omega-9 - Oleic Acid	11-24% ***

**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.

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

