

Contains NO: wheat • gluten • milk • lactose • tree nuts • peanuts • soy • eggs • shellfish.

#1 Trusted Natural Vitamin Brand†

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Everyone's Omega Fish & Flax™

 **Ultra-Pure Fish & Organic Flax**

Promotes heart & brain health*

Supports joint & immune function*

One daily = 2 fish servings per week

Gluten-Free | No Fishy Smell or Taste

60 Softgels | Dietary Supplement

Ultra-pure fish oil plus organic, non-GMO flax oil
join forces for a complete Omega-3 formula.

Everyone's Omega Fish & Flax provides 502 mg of
Omega-3 fatty acids per softgel – including EPA,
DHA and ALA – providing the equivalent of two
fish servings per week, as recommended by the
American Heart Association.

• May reduce heart disease risk**

Supportive but not conclusive research shows that
consumption of EPA and DHA Omega-3 fatty acids
may reduce the risk of coronary heart disease. One
serving of Everyone's Omega Fish & Flax provides
.375 grams of EPA and DHA omega-3 fatty acids.**

• May support mental health & brain function*

Omega-3 fish oil • flax oil • vitamin D3

• Promotes immune, joint & bone health*

Omega-3 fish oil • flax oil • vitamin D3

SUGGESTED USAGE: Take one softgel daily
with or between meals, or as desired. May be
taken on an empty stomach. No fishy smell,
taste or aftertaste.

KEEP OUT OF REACH OF CHILDREN. Consult your health care
professional prior to use if you are pregnant, nursing, taking
medication or have a medical condition.

* 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.

3.0-2 †West & Co. 2014

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

	Amount Per Serving	%DV
Calories	10	
Calories from fat	10	
Total Fat	1 g	1%†
Vitamin D (as D3 Cholecalciferol)	200 IU	50%
Total Fish and Flax Seed Oil	846 mg	*
Purified Deep Sea Fish Oil (from anchovy and or sardine)	646 mg	*
Organic Flax Seed Oil	200 mg	*
Omega-3 Fatty Acids	502 mg	*
Eicosapentaenoic acid (EPA)	200 mg	*
Docosahexaenoic acid (DHA)	175 mg	*
Alpha-linolenic acid (ALA)	100 mg	*
Other Omegas	27 mg	*
Omega-9 Fatty Acids (Oleic Acid)	25 mg	*
Omega-6 Fatty Acids (Linoleic Acid)	25 mg	*
Lemon Essential Oil	14.5 mg	*
Parsley Seed Oil	10 mg	*
Rosemary Essential Oil	3.4 mg	*

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

Softgel Shell: 100% Fish gelatin (Cat Fish, Nile Perch, Indian Carp,
Shad, Grunt Fish, Tilapia), purified water, glycerin.

Ultra-Pure & Sustainable: Our molecularly distilled fish
oil is sustainably sourced from wild fish, third-party
tested, and guaranteed free of solvents, heavy metals,
PCBs & other toxins. Our organic flax seed oil is
cold-pressed, solvent-free, non-GMO, and grown in
North America. 100% FishGel™ softgels are free of beef
and pork.

Manufactured in Colombia

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS®**
Santa Cruz, CA 95060 800.571.4701 ©2014 www.rainbowlight.com