



100% Recycled 100% Recyclable

No Beef No Pork
FISH-GEL
100% Fish Gelatin

Comprehensive Omega Formula including EPA and DHA at researched levels for cardio vascular health and normal inflammation response.*

Plant Sterol Esters promote normal cholesterol levels.* CoQ10 benefits the heart muscle function.*

Pure and Sustainable. Only purer and more sustainable small wild catch fish species from Peru are sourced. No heavy metals, dioxins or PCBs.

SUGGESTED USAGE: Take two softgels per day with or between meals. For stronger effects, take two, twice daily.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives found in vitamin products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.

KEEP OUT OF REACH OF CHILDREN. Consult your health care practitioner prior to use if you are pregnant, lactating, 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.

Manufactured in Colombia
Formulated & Distributed by
Rainbow Light Nutritional Systems®
125 McPherson St., Santa Cruz, CA 95060
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RAINBOW LIGHT®

Omega Cardio Performance™

Researched EPA & DHA Levels
Cholesterol Lowering Plant Sterols*
100 mg CoQ10 & 1,000 IU Vitamin D₃

FISH-GEL Softgels

Dietary Supplement
20 Softgels

To open, press along perforation.
Please remove label before recycling.

Supplement Facts

Serving Size 2 Softgels
Servings per container: 10

	Amount Per Serving	%DV
Calories	30	
Calories from fat	21	
Total Fat	1 g	1%†
Vitamin D (as D ₃ Cholecalciferol)	1,000 IU	250%
Purified Deep Sea Fish Oil (from sardine, anchovy, mackerel)	920 mg	*
Omega-3 Fatty Acids		
Eicosapentaenoic acid (EPA)	286 mg	*
Docosahexaenoic acid (DHA)	248 mg	*
Other Omega 3-s	108 mg	*
Total Omega 3-s	642 mg	*
Omega-9 Fatty Acids (Oleic Acid, Eicosenoic Acid)	76 mg	*
Omega-6 Fatty Acids (Arachidonic Acid, Linoleic Acid, Gamma-linolenic Acid)	23 mg	*
Plant Sterol Esters	800 mg	*
Coenzyme Q10 (CoQ10)	100 mg	*
Lemon Essential Oil	10 mg	*

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

Other Ingredients: yellow beeswax, silica. Softgel Shell: natural caramel color, Kosher 100% fish gelatin (Cat Fish, Nile Perch, Indian Carp, Shad, Grunt Fish, Tilapia), purified water, glycerin, natural carob color, zinc oxide. Contains soy.

Enjoy This Trial Size

EarthFirst® PLA film utilizes Ingeo™