



100% Recycled

100% Recyclable

No Beef No Pork
FISH-GEL™
 100% Fish Gelatin

Comprehensive Support for Healthy Skin & Balanced Mood*
 with optimal ratios of EPA and DHA to provide support for skin hydration, heart health and normal inflammation response.*

Optimal Potency of 100 mg GLA (gamma-linolenic acid) from primrose oil supports mood and hormonal balance while **DIM Complex** may support estrogen detoxification.*

80 mg ResVinol-25™ (resveratrol & red wine polyphenols equivalent to 14 glasses of red wine) may counter oxidative skin damage and reduce visible signs of aging, while **Astaxanthin** has been clinically studied to reduce sun spots, fine lines and wrinkles.*

Pure and Sustainable. Molecularly distilled fish oil from only small wild catch fish species from pristine Peruvian waters are more sustainable and purer than larger species. Hexane and solvent-free, third-party tested, and guaranteed free of heavy metals, dioxins and PCBs, Rainbow Light® is a GOED member (Global Organization for EPA and DHA Omega-3 Fatty Acid) and abides by all Food and Agriculture Organization codes of conduct.

100% FishGel™ softgel guaranteed free of beef and pork.

SUGGESTED USAGE: Take 2 softgels per day with or between meals. For stronger effects, take two, twice daily.

Purity Guarantee: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other additives. 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.

RAINBOW LIGHT®

Omega Skin & Mood™

500 mg Fish Oil Delivers Potent Omega 3s

Reduces Fine Lines*

Supports a Healthy Mood*

FISH-GEL Softgels

Dietary Supplement

60 Softgels

To open, press along perforation.

Supplement Facts

Serving Size 2 Softgels
 Serving per container: 30

	Amount Per Serving	%DV
Calories	44	
Calories from fat	32	
Total Fat	2 g	3%†
Purified Deep Sea Fish Oil (from sardine, anchovy, mackerel)	500 mg	*
Omega-3 Fatty Acids		
Eicosapentaenoic acid (EPA)	156 mg	*
Docosahexaenoic acid (DHA)	136 mg	*
Evening Primrose Oil	1,000 mg	*
Gamma-linolenic acid (GLA)	100 mg	*
ResVinol-25™	80 mg	*
trans-Resveratrol (polygnum)	20 mg	*
Polyphenols (red wine)	16 mg	*
Astaxanthin Complex	8 mg	*
Di-indolyl Methane (DIM) Complex	60 mg	*
Ginger [root] Juice Extract	20 mg	*
Lemon Essential Oil	20 mg	*
Rosemary Essential Oil	20 mg	*

*Daily Value (DV) not established.

† Percent Daily Values (DV) are based on a 2,000 calorie diet

Other Ingredients: White beeswax, silica, lecithin (soy).

Softgel Shell: 100% fish gelatin (Cat Fish, Nile Perch, Indian Carp, Shad, Grunt Fish, Tilapia), purified water, glycerin, natural caramel color, natural carob color, zinc oxide. ResVinol-25™ is a registered trademark of Ethical Naturals, Inc.

Manufactured in Colombia

Formulated & Distributed by **Rainbow Light Nutritional Systems®**
 Santa Cruz, CA 95060 800.571.4701 ©2012 www.rainbowlight.com