



Consumer Report

Product Name:	OmegEssential High Potency Fish Oil + D
Product Type:	Combination Omega-3 - Fish oil softgel
Product Availability:	Canada and USA
Product Summary:	<p>IFOS Certified Inside: The fish oil contained in this product was IFOS tested.</p> <p>OmegEssential High Potency Fish Oil + D is a clean and highly concentrated omega-3 fish oil product. Each softgel contains a minimum of 388 mg omega-3 concentration as combined EPA and DHA, as well as vitamin D3, natural tocopherols, almond oil, olive oil, green tea extract, grape seed oil, gelatin, glycerin, lemon oil, natural flavor and stevia.</p> <p>This product receives a FIVE out of FIVE Star IFOS rating based on the following criteria:</p> <ul style="list-style-type: none"> ★ Omega-3 Concentration Consistent with Label – YES ★ Passes IFOS Oxidation standards – YES ★ Passes IFOS PCB, PCDD/F standards – YES ★ Passes IFOS Heavy Metal standards – YES ★ Passes all IFOS testing categories – YES
Batch/Lot #:	1609197, 1610245
Expiry Date	05/2019
Recommended Daily Allowance:	2 softgels with breakfast, 2 with dinner for a total of 4 softgels per day
Company Name:	Progressive Nutritional Therapies & Proventive Nutritional Therapies
Company Phone:	1.888.788.3396
Company Website:	www.progressivenutritional.com & www.proventivenutritional.com



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Category 1: Potency Omega-3 content vs. product label claim	Concentration	Batch Results	IFOS Compliance
EPA	250 mg/softgel	325 mg/softgel	YES
DHA	138 mg/softgel	192 mg/softgel	YES
TOTAL OMEGA-3	433 mg/softgel	461 mg/softgel	YES
ALA	5.3 mg/ softgel	5.3 mg/softgel	YES
Vitamin D3	250 IU/softgel	260 IU/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	16 ppb	YES
Dioxins and Furans	< 1 ppt	0.5 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.11 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	11.2	YES
Peroxide	< 5 mEq/kg	0.5 meq/kg	YES
TOTOX	< 19.5	12.2	YES
Acid Value	< 3.0 mg KOH/g	0.23 mg KOH/g	YES

Category 4: Heavy Metals	Standard Limit	Batch Results	IFOS Compliance
Mercury (Hg)	< 0.1 ppm	<0.006 ppm	YES
Lead (Pb)	< 0.1 ppm	<0.008 ppm	YES
Total Arsenic (As)	< 0.1 ppm	<0.014 ppm	YES
Cadmium (Cd)	< 0.1 ppm	<0.004 ppm	YES

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