



Consumer Report

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| Product Name: | OmegEssential Forte |
| Product Type: | Combination Omega-3 - Fish oil softgel |
| Product Availability: | Canada |
| Product Summary:   | <p>IFOS Certified Inside: The fish oil contained in this product was IFOS tested.</p> <p>OmegEssential Forte is a clean and highly concentrated omega-3 fish oil product. Each softgel contains a minimum of 600 mg omega-3 concentration as combined EPA and DHA, as well as natural tocopherols, almond oil, olive oil, green tea extract, grape seed oil, gelatin, glycerin, lemon oil and natural flavor.</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 #: | 1610236, 1609760, 1609304 |
| Expiry Date | 01/2019 |
| Recommended Daily Allowance: | 2 softgels with breakfast, 2 with dinner for a total of 4 softgels per day |
| Company Name: | Progressive Nutritional Therapies |
| Company Phone: | 1.888.788.3396 |
| Company Website: | www.progressivenutritional.com |

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| Category 1: Potency Omega-3 content vs. product label claim | Concentration | Batch Results | IFOS Compliance |
|--|----------------------|----------------------|------------------------|
| EPA | 400 mg/softgel | 400 mg/softgel | YES |
| DHA | 200 mg/softgel | 214 mg/softgel | YES |
| TOTAL OMEGA-3 | 621 mg/softgel | 704 mg/softgel | YES |
| ALA | 1 mg/softgel | 5.6 mg/softgel | YES |

| Category 2: Purity, Safety & Cleanliness | Standard Limit | Batch Results | IFOS Compliance |
|---|-----------------------|----------------------|------------------------|
| PCBs | < 45 ppb | 2.6 ppb | YES |
| Dioxins and Furans | < 1 ppt | 0.5 ppt | YES |
| Dioxin-Like PCBs | < 1.5 ppt | 0.23 ppt | YES |

| Category 3: Stability | Standard Limit | Batch Results | IFOS Compliance |
|----------------------------------|-----------------------|----------------------|------------------------|
| Anisidine | <20 | 5.3 | YES |
| Peroxide | < 5 mEq/kg | 0.5 meq/kg | YES |
| TOTOX | < 19.5 | 6.4 | YES |
| Acid Value | < 3.0 mg KOH/g | 0.28 mg KOH/g | YES |

| Category 4: Heavy Metals | Standard Limit | Batch Results | IFOS Compliance |
|-------------------------------------|-----------------------|----------------------|------------------------|
| Mercury (Hg) | < 0.1 ppm | < 0.01 ppm | YES |
| Lead (Pb) | < 0.1 ppm | < 0.01 ppm | YES |
| Total Arsenic (As) | < 0.1 ppm | < 0.01 ppm | YES |
| Cadmium (Cd) | < 0.1 ppm | < 0.003 ppm | YES |

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