





Consumer Report

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| Product Name: | OmegEssential High Potency Fish Oil |
| 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 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 200 mg of DHA, as well as 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 #: | 1613164, 1610777 |
| 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 | 263 mg/softgel | YES |
| DHA | 138 mg/softgel | 154 mg/softgel | YES |
| TOTAL OMEGA-3 | 433 mg/softgel | 479 mg/softgel | YES |

| Category 2: Purity, Safety & Cleanliness | Standard Limit | Batch Results | IFOS Compliance |
|---|-----------------------|----------------------|------------------------|
| PCBs | < 45 ppb | 20 ppb | YES |
| Dioxins and Furans | < 1 ppt | 0.3 ppt | YES |
| Dioxin-Like PCBs | < 1.5 ppt | 0.18 ppt | YES |

| Category 3: Stability | Standard Limit | Batch Results | IFOS Compliance |
|----------------------------------|-----------------------|----------------------|------------------------|
| Anisidine | <20 | 10 | YES |
| Peroxide | < 5 mEq/kg | 0.9 meq/kg | YES |
| TOTOX | < 19.5 | 11.8 | YES |
| Acid Value | < 3.0 mg KOH/g | 0.31 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 | <0.03 ppm | YES |
| Cadmium (Cd) | < 0.1 ppm | <0.007 ppm | YES |

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