



Consumer Report

Product Name:	Omega First
Product Type:	Ultra Refined – EE 1200 mg capsules
Product Availability:	Canada
Product Summary:	<p>Omega First is a clean and highly concentrated omega-3 fish oil product. Each 1200mg contains a minimum of 60% omega-3 concentration as combined EPA and DHA, as well as natural lemon flavour and natural mixed tocopherols. 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 #:	1662901
Expiry Date	03/2019
Recommended Daily Allowance:	1 - 3 Capsules
Company Name:	Health First Network
Company Phone:	Toll Free 1-866-846-7447
Company Website:	www.healthfirst.ca

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Category 1: Potency Omega-3 content vs. product label claim	Concentration	Batch Results	IFOS Compliance
EPA	450 mg/1200mg	513 mg/1200mg	YES
DHA	250 mg/1200mg	250 mg/1200mg	YES
TOTAL OMEGA-3	830 mg/1200mg	836 mg/1200mg	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	0.4 ppb	YES
Dioxins and Furans	< 1 ppt	0.3 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.008 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	1.7	YES
Peroxide	< 5 mEq/kg	2.6 meq/kg	YES
TOTOX	< 19.5	6.9	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	<0.005 ppm	YES
Lead (Pb)	< 0.1 ppm	<0.02 ppm	YES
Total Arsenic (As)	< 0.1 ppm	<0.05 ppm	YES
Cadmium (Cd)	< 0.1 ppm	<0.01 ppm	YES

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