





IFOS Product Report

Product Name:	Omega First
Product Type:	Natural Grade – Liquid TG Fish Oil
Product Availability:	Canada
Product Summary:  	<p>IFOS Certified Inside: The fish oil contained in this product was IFOS tested.</p> <p>Omega First liquid fish oil is a liquid omega-3 natural grade product which includes EPA and DHA. 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 #:	59291
Expiry Date:	11/2019
Recommended Daily Allowance:	Adults: Take 1 to 2 Teaspoons per day. Children 1-18 years old: Take 1 Teaspoon per day.
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	Concentration	Batch Results	IFOS Compliance
EPA	760 mg / 5 mL	760 mg / 5 mL	YES
DHA	505 mg / 5 mL	505 mg / 5 mL	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	1 ppb	YES
Dioxins and Furans	< 1 ppt	0.9 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.01 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	10.1	YES
Peroxide	< 5 meq/kg	0.6 meq/kg	YES
TOTOX	< 19.5	11.3	YES
Acid Value	< 3.0 mg KOH/g	0.07 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	<0.02 ppm	YES
Inorganic Arsenic (As)	< 0.1 ppm	<0.02 ppm	YES
Cadmium (Cd)	< 0.1 ppm	<0.01 ppm	YES

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