




# IFOS Product Report

<b>Product Name:</b>	Omega First
<b>Product Type:</b>	Ultra-Refined – EE 1200 mg capsules
<b>Product Availability:</b>	Canada
<p><b>Product Summary:</b></p>  <p>★★★★★</p>	<p>Omega First Batch GO1862901 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.</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"> <li>★ Omega-3 Concentration Consistent with Label – YES</li> <li>★ Passes IFOS Oxidation standards – YES</li> <li>★ Passes IFOS PCB, PCDD/F standards – YES</li> <li>★ Passes IFOS Heavy Metal standards – YES</li> <li>★ Passes all IFOS testing categories – YES</li> </ul>
<b>Batch/Lot #:</b>	GO1862901
<b>Expiry Date:</b>	03/2021
<b>Recommended Daily Allowance:</b>	1-3 Capsules
<b>Company Name:</b>	Health First Network
<b>Company Phone:</b>	Toll Free 1-866-846-7447
<b>Company Website:</b>	www.healthfirst.ca

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Category 1: Potency	Concentration	Batch Results	IFOS Compliance
<b>EPA</b>	450 mg / 1200mg	489 mg / 1200mg	YES
<b>DHA</b>	250 mg / 1200mg	250 mg / 1200mg	YES
<b>Total Omega-3</b>	830 mg / 1200mg	830 mg / 1200mg	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
<b>PCBs</b>	< 45 ppb	10 ppb	YES
<b>Dioxins and Furans</b>	< 1 ppt	0.3 ppt	YES
<b>Dioxin-Like PCBs</b>	< 1.5 ppt	0.05 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
<b>Anisidine</b>	<20	2	YES
<b>Peroxide</b>	< 5 meq/kg	0.7 meq/kg	YES
<b>TOTOX</b>	< 19.5	3.4	YES
<b>Acid Value</b>	< 3.0 mg KOH/g	0.8 mg KOH/g	YES

Category 4: Heavy Metals	Standard Limit	Batch Results	IFOS Compliance
<b>Mercury (Hg)</b>	< 0.1 ppm	<0.005 ppm	YES
<b>Lead (Pb)</b>	< 0.1 ppm	<0.02 ppm	YES
<b>Inorganic Arsenic (As)</b>	< 0.1 ppm	<0.05 ppm	YES
<b>Cadmium (Cd)</b>	< 0.1 ppm	<0.01 ppm	YES

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