





# Consumer Report

<b>Product Name:</b>	Ideal Omega
<b>Product Type:</b>	Ultra Refined
<b>Product Availability:</b>	USA
<b>Product Summary:</b>    	<p>Barlean's Ideal Omega is a clean and highly concentrated omega-3 fish oil. Each 1250 mg softgel contains a minimum 60% omega-3 concentration as combined 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"> <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>	17-829
<b>Expiry Date:</b>	11/2018
<b>Recommended Daily Allowance:</b>	1 softgel
<b>Company Name:</b>	Barlean's
<b>Company Phone:</b>	1-800-445-3529
<b>Company Website:</b>	<a href="http://www.barleans.com">http://www.barleans.com</a>

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Category 1: Potency	Concentration	Batch Results	IFOS Compliance
EPA	750 mg/softgel	750 mg/softgel	YES
DHA	250 mg/softgel	254 mg/softgel	YES
<b>TOTAL OMEGA-3</b>	1030 mg/softgel	1091 mg/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	15.4 ppb	YES
Dioxins and Furans	< 1 ppt	0.574 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.209 ppt	YES
Radioactivity	<50 bq/kg	<10 bq/kg	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	0.98	YES
Peroxide	< 5 mEq/kg	2.0 meq/kg	YES
TOTOX	< 19.5	4.98	YES
Acid Value	< 3.0 mg KOH/g	0.09 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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