





Consumer Report

Product Name:	Ideal Omega
Product Type:	Ultra Refined
Product Availability:	USA
Product Summary:  	<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"> ★ 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 #:	19-358
Expiry Date:	12/2018
Recommended Daily Allowance:	1 softgel
Company Name:	Barlean's
Company Phone:	1-800-445-3529
Company Website:	http://www.barleans.com

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Category 1: Potency	Concentration	Batch Results	IFOS Compliance
EPA	750 mg/softgel	779 mg/softgel	YES
DHA	250 mg/softgel	301 mg/softgel	YES
TOTAL OMEGA-3	1030 mg/softgel	1143 mg/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	9.69 ppb	YES
Dioxins and Furans	< 1 ppt	0.367 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.490 ppt	YES
Radioactivity	<50 bq/kg	<10 bq/kg	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	4.1	YES
Peroxide	< 5 mEq/kg	4.06 meq/kg	YES
TOTOX	< 19.5	12.22	YES
Acid Value	< 3.0 mg KOH/g	0.08 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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