





Consumer Report

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| 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 #: | 20-544 |
| Expiry Date: | 01/2019 |
| 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 | 841 mg/softgel | YES |
| DHA | 250 mg/softgel | 285 mg/softgel | YES |
| TOTAL OMEGA-3 | 1030 mg/softgel | 1165 mg/softgel | YES |

| Category 2: Purity, Safety & Cleanliness | Standard Limit | Batch Results | IFOS Compliance |
|--|----------------|---------------|-----------------|
| PCBs | < 45 ppb | 7.03 ppb | YES |
| Dioxins and Furans | < 1 ppt | 0.216 ppt | YES |
| Dioxin-Like PCBs | < 1.5 ppt | 0.084 ppt | YES |
| Radioactivity | <50 bq/kg | <10 bq/kg | YES |

| Category 3: Stability | Standard Limit | Batch Results | IFOS Compliance |
|--------------------------|----------------|---------------|-----------------|
| Anisidine | <20 | 1.53 | YES |
| Peroxide | < 5 mEq/kg | 2.3 meq/kg | YES |
| TOTOX | < 19.5 | 6.13 | YES |
| Acid Value | < 3.0 mg KOH/g | 0.14 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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