





IFOS Product 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 #:	27-906
Expiry Date:	10/2019
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	808 mg/softgel	YES
DHA	250 mg/softgel	288 mg/softgel	YES
Total Omega-3	1030 mg/softgel	1182 mg/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	<= 45 ppb	29.2 ppb	YES
Dioxins and Furans	<= 1 ppt	0.573 ppt	YES
Dioxin-Like PCBs	<= 1.5 ppt	1.48 ppt	YES
Radioactivity	<= 50 bq/kg	<5 bq/kg	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<= 20	1.15	YES
Peroxide	<= 5 meq/kg	0.7 meq/kg	YES
TOTOX	<= 19.5	2.55	YES
Acid Value	<= 3.0 mg KOH/g	0.29 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
Inorganic Arsenic (As)	<= 0.1 ppm	< 0.05 ppm	YES
Cadmium (Cd)	<= 0.1 ppm	< 0.01 ppm	YES

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