




# IFOS Product 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>	39-862
<b>Expiry Date:</b>	12/2020
<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>

The IFOS™ Program is provided exclusively by Nutrasource Diagnostics Inc. | [ifos@nutrasource.ca](mailto:ifos@nutrasource.ca)

[www.ifosprogram.com](http://www.ifosprogram.com)



[facebook.com/ifosprogram](https://facebook.com/ifosprogram)



[@IFOS\\_Program](https://twitter.com/IFOS_Program)



# IFOS Product Report

Category 1: Potency	Concentration	Batch Results	IFOS Compliance
<b>EPA</b>	750 mg/softgel	753 mg/softgel	YES
<b>DHA</b>	250 mg/softgel	250 mg/softgel	YES
<b>Total Omega-3</b>	1030 mg/softgel	1088 mg/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
<b>PCBs</b>	<= 45 ppb	18.3 ppb	YES
<b>Dioxins and Furans</b>	<= 1 ppt	0.234 ppt	YES
<b>Dioxin-Like PCBs</b>	<= 1.5 ppt	0.333 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
<b>Anisidine</b>	<= 20	1.18	YES
<b>Peroxide</b>	<= 5 meq/kg	0.38 meq/kg	YES
<b>TOTOX</b>	<= 19.5	1.94	YES
<b>Acid Value</b>	<= 3.0 mg KOH/g	0.16 mg KOH/g	YES

Category 4: Heavy Metals	Standard Limit	Batch Results	IFOS Compliance
<b>Mercury (Hg)</b>	<= 0.1 ppm	0.034 ppm	YES
<b>Lead (Pb)</b>	<= 0.1 ppm	< 0.02 ppm	YES
<b>Total Arsenic (As)</b>	<= 0.1 ppm	< 0.05 ppm	YES
<b>Cadmium (Cd)</b>	<= 0.1 ppm	< 0.01 ppm	YES

The IFOS™ Program is provided exclusively by Nutrasource Diagnostics Inc. | ifos@nutrasource.ca

[www.ifosprogram.com](http://www.ifosprogram.com)



[facebook.com/ifosprogram](https://facebook.com/ifosprogram)



[@IFOS\\_Program](https://twitter.com/IFOS_Program)