



IFOS Product Report

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| Product Name: | Norwegian Cod Liver Oil |
| Product Type: | Natural Grade |
| Product Availability: | USA, Canada |
| Product Summary: | <p>J.R. Carlson Labs Norwegian Cod Liver Oil is a clean and naturally concentrated fish oil, containing purified omega-3 fatty acids EPA and DHA.</p> <p>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 |
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|  | |
| Batch/Lot #: | 60620251 |
| Expiry Date: | 02/2020 |
| Recommended Daily Allowance: | US: Take one teaspoonful daily at mealtime Canada: Take 10 ml (2 teaspoons) once per day at mealtime or bedtime |
| NPN: | 80021220 |
| Company Name: | J.R. Carlson Laboratories Inc. |
| Company Phone: | 847-255-1600, 888-234-5656 |
| Company Website: | http://www.carlsonlabs.com |

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| Category 1: Potency | Concentration | Batch Results | IFOS Compliance |
|------------------------|---------------|---------------|-----------------|
| EPA | 400 mg / 5ml | 400 mg / 5ml | YES |
| DHA | 500 mg / 5ml | 608 mg / 5ml | YES |
| Total Omega-3 | 1100 mg / 5ml | 1268 mg / 5ml | YES |

| Category 2: Purity, Safety & Cleanliness | Standard Limit | Batch Results | IFOS Compliance |
|--|----------------|---------------|-----------------|
| PCBs | < 45 ppb | 18.8 ppb | YES |
| Dioxins and Furans | < 1 ppt | 0.429 ppt | YES |
| Dioxin-Like PCBs | < 1.5 ppt | 0.182 ppt | YES |
| Radioactivity | <50 bq/kg | 10 bq/kg | YES |

| Category 3: Stability | Standard Limit | Batch Results | IFOS Compliance |
|--------------------------|----------------|---------------|-----------------|
| Anisidine | <20 | 11.65 | YES |
| Peroxide | < 5 mEq/kg | 2.93 meq/kg | YES |
| TOTOX | < 19.5 | 17.51 | YES |
| Acid Value | < 3.0 mg KOH/g | 0.11 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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