




Consumer Report

Product Name:	Super Omega-3 Gems
Product Type:	Ultra Refined
Product Availability:	USA, Canada
<p>Product Summary:</p>  <p>★★★★★</p>	<p>J.R. Carlson Labs Super Omega-3 Gems is a clean and highly concentrated omega-3 fish oil product. Each capsule contains a minimum of 300 mg of EPA and 200 mg of 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 #:	150500
Expiry Date	10/2019
Recommended Daily Allowance:	US: Take one softgel one to five times daily, at mealtime Canada: Take 2 softgels once daily at mealtime
NPN#:	80005548
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 Omega-3 content vs. product label claim	Concentration	Batch Results	IFOS Compliance
EPA	300 mg/softgel	318 mg/softgel	YES
DHA	200 mg/softgel	228 mg/softgel	YES
Total Omega-3	600 mg/softgel	641 mg/softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	< 45 ppb	0.396 ppb	YES
Dioxins and Furans	< 1 ppt	0.649 ppt	YES
Dioxin-Like PCBs	< 1.5 ppt	0.035 ppt	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<20	4.54	YES
Peroxide	< 5 mEq/kg	4.12 meq/kg	YES
TOTOX	< 19.5	12.78	YES
Acid Value	< 3.0 mg KOH/g	0.23 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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