





# Consumer Report

<b>Product Name:</b>	Cod Liver Oil Lightly Lemon
<b>Product Type:</b>	Natural Grade
<b>Product Availability:</b>	USA, Canada
<b>Product Summary:</b>	<p>J.R. Carlson Labs Cod Liver Oil Lightly Lemon 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"> <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>	1506091
<b>Expiry Date:</b>	06/2019
<b>Recommended Daily Allowance:</b>	US: 1 softgels daily at mealtime Canada: Take 1 softgel once per day at mealtime or bedtime
<b>NPN#:</b>	80019557
<b>Company Name:</b>	J.R. Carlson Laboratories Inc.
<b>Company Phone:</b>	847-255-1600, 888-234-5656
<b>Company Website:</b>	<a href="http://www.carlsonlabs.com">http://www.carlsonlabs.com</a>

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<b>Category 1: Potency</b> Omega-3 content vs. product label claim	<b>Concentration</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>EPA</b>	85 mg / softgel	85 mg / softgel	YES
<b>DHA</b>	100 mg / softgel	130 mg / softgel	YES
<b>Total Omega-3</b>	230 mg / softgel	256 mg / softgel	YES

<b>Category 2: Purity, Safety &amp; Cleanliness</b>	<b>Standard Limit</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>PCBs</b>	< 45 ppb	9.94 ppb	YES
<b>Dioxins and Furans</b>	< 1 ppt	0.960 ppt	YES
<b>Dioxin-Like PCBs</b>	< 1.5 ppt	0.152 ppt	YES

<b>Category 3: Stability</b>	<b>Standard Limit</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>Anisidine</b>	<20	4.4	YES
<b>Peroxide</b>	< 5 mEq/kg	2.8 meq/kg	YES
<b>TOTOX</b>	< 19.5	10.0	YES
<b>Acid Value</b>	< 3.0 mg KOH/g	0.04 mg KOH/g	YES

<b>Category 4: Heavy Metals</b>	<b>Standard Limit</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>Mercury (Hg)</b>	< 0.1 ppm	< 0.005 ppm	YES
<b>Lead (Pb)</b>	< 0.1 ppm	< 0.02 ppm	YES
<b>Arsenic (As)</b>	< 0.1 ppm	< 0.05 ppm	YES
<b>Cadmium (Cd)</b>	< 0.1 ppm	< 0.01 ppm	YES

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