





Consumer Report

Product Name:	Cod Liver Oil
Product Type:	Natural Grade
Product Availability:	USA, Canada
Product Summary: 	<p>J.R. Carlson Labs 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
	
Batch/Lot #:	1607075
Expiry Date:	08/2019
Recommended Daily Allowance:	US: Take one softgel one to three times daily Canada: Take 2 softgels once per day at mealtime
NPN#:	80031754
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	80 mg / softgel	84 mg / softgel	YES
DHA	100 mg / softgel	134 mg / softgel	YES
Total Omega-3	250 mg / softgel	275 mg / softgel	YES

Category 2: Purity, Safety & Cleanliness	Standard Limit	Batch Results	IFOS Compliance
PCBs	<= 45 ppb	10.6 ppb	YES
Dioxins and Furans	<= 1 ppt	0.530 ppt	YES
Dioxin-Like PCBs	<= 1.5 ppt	0.092 ppt	YES
Radioactivity	<= 50 bq/kg	< 12 bq/kg	YES

Category 3: Stability	Standard Limit	Batch Results	IFOS Compliance
Anisidine	<= 20	8.01	YES
Peroxide	<= 5 mEq/kg	2.76 meq/kg	YES
TOTOX	<= 19.5	13.53	YES
Acid Value	<= 3.0 mg KOH/g	0.16 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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