





# 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</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>	19000024
<b>Expiry Date:</b>	01/2022
<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>

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<b>Category 1: Potency</b> Omega-3 content vs. product label claim	<b>Specification</b> mg per softgel	<b>Batch Results</b> mg per softgel	<b>IFOS Compliance</b>
<b>EPA</b>	750	752	Yes
<b>DHA</b>	250	270	Yes
<b>Total Omega-3</b>	1030	1072	Yes

<b>Category 2: Purity, Safety &amp; Cleanliness</b>	<b>IFOS Standards</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>PCBs</b>	< 45 ppb	19.5 ppb	Yes
<b>Dioxins and Furans</b>	< 1 ppt	0.488 ppt	Yes
<b>Dioxin-Like PCBs</b>	< 1.5 ppt	0.244 ppt	Yes

<b>Category 3: Stability</b>	<b>IFOS Standards</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>Acid Value</b>	<= 3 KOH/g	0.11 KOH/g	Yes
<b>Peroxide</b>	<= 5 meq/kg	0.35 meq/kg	Yes
<b>Anisidine</b>	<= 20	0.39	Yes
<b>Total Oxidation</b>	<= 19.5	1.09	Yes

<b>Category 4: Heavy Metals</b>	<b>IFOS Standards</b>	<b>Batch Results</b>	<b>IFOS Compliance</b>
<b>Mercury (Hg)</b>	<= 0.1 ppm	0.0094	Yes
<b>Cadmium (Cd)</b>	<= 0.1 ppm	< 0.01	Yes
<b>Lead (Pb)</b>	<= 0.1 ppm	< 0.02	Yes
<b>Total Arsenic (As)</b>	<= 0.1 ppm	< 0.05	Yes

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