

Product Name: Omega First

Product Class: Ultra Refined

Product Type: EE 1200 mg Capsules

Product Availability: Canada

**Product Summary:**



Omega First Batch GO1062903 is a clean and highly concentrated omega-3 fish oil product. Each 1200mg sample contains a minimum 60% omega-3 concentration as combined EPA and DHA, as well as natural lemon flavour and natural mixed tocopherols. This product receives a FIVE out of FIVE Star IFOS rating based on the following criteria:

- 1 Star for Passing All CRN/WHO Testing Categories - YES
- 1 Star for Greater Than 60% Omega-3 Concentration - YES
- 1 Star for Oxidation Level Less Than 75% of CRN Standard - YES
- 1 Star for PCB Levels Less Than 50% of CRN Standard - YES
- 1 Star for Dioxin Levels Less Than 50% of WHO Standard - YES

Batch / Lot #: GO1062903

Expiry Date: 06/2013

Recommended Daily Allowance: 1 - 3 Capsules

Company Name: Health First Network

Company Phone #: Toll Free 1-866-846-7447

Company Website: [www.healthfirst.ca](http://www.healthfirst.ca)





# CONSUMER REPORT

## CATEGORY 1

**CONCENTRATION** - Omega -3 Product Content vs. Product Label Claim

EPA

DHA

TOTAL OMEGA-3

Product Label Claim	Batch Results	IFOS Compliance
450 mg/1200mg	505 mg/1200mg	YES
250 mg/1200mg	250 mg/1200mg	YES
830 mg/1200mg	830 mg/1200mg	YES

## CATEGORY 2

**PURITY, SAFETY AND CLEANLINESS** - PCB's, Mercury, Dioxins and Furans

PCB

Dioxins and Furans

Dioxin Like PCB's

CRN/GOED Standard	Detection Limit	Batch Result	IFOS Compliance
< 90 ppb	< ppt	16.24 ppb	YES
WHO Standard	Detection Limit	Batch Result	IFOS Compliance
< 2 ppt	< ppt	0.461 ppt	YES
< 3 ppt	< ppt	0.729 ppt	YES

## CATEGORY 3

**STABILITY** - Peroxide, Anisidine, Total Oxidation and Acid Value

Peroxide

Anisidine

Total Oxidation

Acid Value

CRN/GOED Standard	Batch Results	IFOS Compliance
< 5 meq/kg	3.21 meq/kg	YES
< 20 meq/kg	8.7 meq/kg	YES
< 26 meq/kg	15.12 meq/kg	YES
< 3.0 mg KOH/g	0.55 mg KOH/g	YES

## CATEGORY 4

**HEAVY METALS and MERCURY** Lead, In-organic Arsenic, Cadmium

Mercury (Hg)

Lead (Pb)

Arsenic (As)

Cadmium (Cd)

CRN/GOED Standard	Batch Results	IFOS Compliance
0.1 ppm	< 0.1 ppm	YES
0.1 ppm	< 0.1 ppm	YES
0.1 ppm	< 0.1 ppm	YES
0.1 ppm	< 0.1 ppm	YES

