

Product Name: See Yourself Well Omega-3

Product Class: Ultra Refined

Product Type: 1000mg TG Capsule

Product Availability: Canada

Product Summary:



See Yourself Well Omega-3 Lots 907082, 907083 and 907084 are a clean and highly concentrated omega-3 fish oil product. Each 1000 mg capsule contains a minimum 60% omega-3 concentration as combined EPA and DHA as well as gelatin, glycerin 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 #: 907082, 907083 and 907084

Expiry Date: 07/2012

Recommended Daily Allowance: 3 Capsules

Company Name: See Yourself Well Inc.

Company Phone #: Toll Free 1-866-799-8035

Company Website: [www.seeyourselfwell.com](http://www.seeyourselfwell.com)





# 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
400 mg/1000mg	401 mg/1000mg	YES
200 mg/1000mg	206 mg/1000mg	YES
600 mg/1000mg	607 mg/1000mg	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	1.514 ppb	YES
WHO Standard	Detection Limit	Batch Result	IFOS Compliance
< 2 ppt	< ppt	0.363 ppt	YES
< 3 ppt	< ppt	0.025 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	0.5 meq/kg	YES
< 20 meq/kg	8.0 meq/kg	YES
< 26 meq/kg	9.0 meq/kg	YES
< 3.0 mg KOH/g	0.90 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	< 0.01 ppm	YES
0.1 ppm	< 0.01 ppm	YES
0.1 ppm	< 0.1 ppm	YES
0.1 ppm	< 0.01 ppm	YES