

Product Name:	See Yourself Well Omega-3
Product Class:	Ultra Refined
Product Type:	TG Liquid
Product Availability:	Canada
Product Summary:	<p>See Yourself Well Omega-3 Lot 908111 is a clean and highly concentrated omega-3 fish oil product. Each 5mL sample contains a minimum 60% omega-3 concentration as combined EPA and DHA as well as gelatin, glycerin and natural mixed tocopherols. This product receive a FIVE out of FIVE Star IFOS rating based on the following criteria:</p> <ul style="list-style-type: none"> <li>1 Star for Passing All CRN/WHO Testing Categories - YES</li> <li>1 Star for Greater Than 60% Omega-3 Concentration - YES</li> <li>1 Star for Oxidation Level Less Than 75% of CRN Standard - YES</li> <li>1 Star for PCB Levels Less Than 50% of CRN Standard - YES</li> <li>1 Star for Dioxin Levels Less Than 50% of WHO Standard - YES</li> </ul>
Batch / Lot #:	908111
Expiry Date:	08/2012
Recommended Daily Allowance:	5 mL
Company Name:	See Yourself Well Inc.
Company Phone #:	Toll Free 1-866-799-8035
Company Website:	<a href="http://www.seeyourselfwell.com">www.seeyourselfwell.com</a>





# 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
2000 mg/5 mL	2005 mg/5 mL	YES
1000 mg/5 mL	1030 mg/5 mL	YES
3000 mg/5 mL	3035 mg/5 mL	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