



| | |
|-------------------------------------|--|
| Product Name: | Omega First |
| Product Class: | Ultra Refined |
| Product Type: | EE 1200mg Capsule |
| Product Availability: | Canada |
| Product Summary: | <p>Omega First Batch GO0862902/03 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:</p> <ul style="list-style-type: none"> 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#: | GO0862902, GO0862903 |
| Expiry Date: | 02/2011 |
| Recommended Daily Allowance: | 1 - 3 Capsules |
| Company Name: | Health First Network |
| Company Phone: | Toll Free 1-866-846-7447 |
| Company Website: | |





Category 1 - Concentration - Omega-3 Product Content vs. Product Label Claim

| | Product Label Claim | Batch Result | IFOS Compliance |
|---------------|---------------------|--------------|-----------------|
| EPA | 450mg/1200mg | 550mg/1200mg | YES |
| DHA | 250mg/1200mg | 292mg/1200mg | YES |
| Total Omega-3 | 830mg/1200mg | 842mg/1200mg | YES |

Category 2 - Purity, Safety and Cleanliness - PCB's, Mercury, Dioxins and Furans

| | CRN Standard | Detection Limit | Batch Result | IFOS Compliance |
|---------|--------------|-----------------|--------------|-----------------|
| PCB | 90 ppb | 1 ppt | 14.64 ppb | YES |
| Mercury | 100 ppb | 10 ppb | <10 ppb | YES |

| | WHO Standard | Detection Limit | Batch Result | IFOS Compliance |
|--------------------|--------------|-----------------|--------------|-----------------|
| Dioxins And Furans | 2 ppt | 1 ppt | .338 ppt | YES |

Category 3 - Stability - Total Oxidation and Peroxide

| | CRN Standard | Batch Result | IFOS Compliance |
|-----------------|--------------|--------------|-----------------|
| Peroxide | 5 meq/kg | 2.00 meq/kg | YES |
| Total Oxidation | 26 meq/kg | 13.8 meq/kg | YES |

Category 4 - **Heavy Metals** - Lead, Arsenic, Cadmium, Nickel

| | CRN Standard | Batch Result | IFOS Compliance |
|---------|--------------|--------------|-----------------|
| Lead | 0.1 mg/kg | <0.01 mg/kg | YES |
| Arsenic | 0.1 mg/kg | <0.1 mg/kg | YES |
| Cadmium | 0.1 mg/kg | <0.01 mg/kg | YES |
| Nickel | 0.1 mg/kg | <0.1 mg/kg | YES |

IFOS Program results administered by *Nutrasource Diagnostics Inc., University of Guelph Research Park.*
For more information please call 1-877-557-7722.

