




<b>Product Name:</b>	See Yourself Well Omega-3
<b>Product Class:</b>	Ultra Refined
<b>Product Type:</b>	1000mg TG Capsule
<b>Product Availability:</b>	Canada
<b>Product Summary:</b> 	<p>See Yourself Well Batch 7472 is a clean and highly concentrated omega-3 fish oil product. Each 1000mg 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:</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>
<b>Batch/Lot#:</b>	7472
<b>Expiry Date:</b>	04/2010
<b>Recommended Daily Allowance:</b>	3 Capsules
<b>Company Name:</b>	See Yourself Well Inc.
<b>Company Phone:</b>	Toll Free 1 - 866 - 799 - 8035
<b>Company Website:</b>	<a href="http://www.seeyourselfwell.com">www.seeyourselfwell.com</a>



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

	Product Label Claim	Batch Result	IFOS Compliance
EPA	400mg/1000mg	435mg/1000mg	YES
DHA	200mg/1000mg	222mg/1000mg	YES
Total Omega-3	600mg/1000mg	657mg/1000mg	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	19.72 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	.343 ppt	YES

*Category 3* - Stability - Total Oxidation and Peroxide

	CRN Standard	Batch Result	IFOS Compliance
Peroxide	5 meq/kg	1.02 meq/kg	YES
Total Oxidation	26 meq/kg	14.2 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.

