

FISH OIL STANDARDS/TESTING LIMITS FROM LEADING ORGANIZATIONS & EXPERTS

Key: mEq = milliequivalents ng = nanogram pg = picogram µg = microgram TE = toxic equivalent KOH= acid value	Nordic Naturals PASS/ FAIL	CRN ¹ Internationally Recognized Purity Standards	GOED ² Omega-3 Trade Association Standards (per CRN Stds.)	IFOS ³ Nutrasource/NDI 3rd Party Testing (per CRN Stds.)	WHO ⁴ World Health Organization Standards	PROP 65 ⁵ Safe Harbor (NSRLs), California Standards	EP ⁶ European Pharmacopeia Standard
ENVIRONMENTAL TOXIN LIMITS							
PCBs	PASS	< 90 ppb	< 90 ppb	< 90 ppb	N/A	0.09 µg/d = < 0.09 ppm = 90 ng = 90 ppb	N/A
Dioxins/Furans	PASS	< 2 pg/g = (2 ppt)	< 2 pg/g = (2 ppt)	< 2 pg/g = (2 ppt) †	< 2 pg/g = (2 ppt) or < 2 pg TE(WHO)/g †	N/A	N/A
Dioxin-like PCBs Non-ortho & Mono-ortho	PASS	< 3 pg/g = (3 ppt) or < 3 pg TE(WHO)/g	< 3 pg/g = (3 ppt) or < 3 pg TE(WHO)/g	< 3 pg/g = (3 ppt) or < 3 pg TE(WHO)/g	< 2 pg/g = (2 ppt) or < 2 pg TE(WHO)/g †	N/A	N/A
OXIDATION LIMITS							
Peroxide (PV)	PASS	< 5 mEq/kg	< 5 mEq/kg	< 5 mEq/kg	N/A	N/A	< 10 mEq/kg
Anisidine (AV)	PASS	< 20 mEq/kg	< 20 mEq/kg	< 20 mEq/kg	N/A	N/A	< 30 mEq/kg
Total Oxidation (TOTOX)	PASS	< 26 mEq/kg	< 26 mEq/kg	< 26 mEq/kg	N/A	N/A	< 50 mEq/kg
Acid Value	PASS	< 3.0 mg KOH/g	< 3.0 mg KOH/g	< 3.0 mg KOH/g	N/A	N/A	< 3.0 mEq/kg
HEAVY METAL LIMITS							
Mercury	PASS	< 0.1 ppm	< 0.1 ppm	< 0.1 ppm	N/A	N/A	N/A
Lead	PASS	< 0.1 ppm	< 0.1 ppm	< 0.1 ppm	N/A	<15 ppm/ 15 µg/d	N/A
Arsenic	PASS	< 0.1 ppm	< 0.1 ppm	< 0.1 ppm	N/A	<10 ppm/ 10 µg/d	N/A
Cadmium	PASS	< 0.1 ppm	< 0.1 ppm	< 0.1 ppm	N/A	<4.1 ppm/ 4.1 µg/d	N/A

1 CRN <http://www.crnusa.org/pdfs/O3FINALMONOGRAPHdoc.pdf>

2 GOED <http://www.goedomega3.com/portals/0/public/GOEDMonograph.pdf>

3 IFOS <http://www.ifosprogram.com/IFOS/FAQ.aspx> IFOS is an international program that uses the WHO and CRN standards which are internationally recognized bodies in every country where omega-3 products are sold as the standards for purity. Approved AOCS, USP, CRN, WHO, AACC, and/or AOAC methodologies are used wherever appropriate.

4 †UK / http://docs.google.com/viewer?a=v&q=cache:XP5CQETWCdcj:cot.food.gov.uk/pdfs/cot-diox-full.pdf+tollerable+intake+pcb&hl=en&gl=us&sig=AHIEtbSFM3Q9yu6JpKb7sN5JP0Vetx_6uA PCB 2001/2 pg WHO-TEQ/kg bw per day UK page 2080. We recommend that a tolerable daily intake of 2 pg WHO-TEQ/kg bw per day is established, based upon effects on the developing male reproductive system mediated via the maternal body burden.

5 Prop 65 http://www.oehha.ca.gov/prop65/law/pdf_zip/RegsSet1rev52901.pdf 1986 http://www.oehha.org/prop65/policy_procedure/pdf_zip/SafeHarborProcess.pdf Safe Harbor Laws NSRL (no significant risk levels)

6 EP <http://online.pheur.org/entry.htm>