

FISH OIL & PCB's

Many consumers have heard media reports about a lawsuit in California against several brands of fish oil supplements containing PCB's. We have put together some information to confirm the safety of Health First® products and some facts about this situation.



FACTS about PCB's in Fish and Fish Oil:

- PCB's (polychlorinated biphenyl) are contaminants found throughout our environment.
- All fish from oceans and rivers used for food or supplements contains at least trace PCB levels.
- Fish oil supplements contain lower amounts of PCB's than conventional fish products used in supplements because of refining processes that clean fish oil. Further, most fish oil supplements are tested to ensure safety. Fish oil supplements are generally a safer way to obtain the benefits of fish oil omega-3's than eating fish products.
- The website which details the lawsuit discussed in the media (www.fishoilsafety.com), actually concludes with this statement, "In short, most fish oil supplements appear to be adequately purified and safe. Consumers who take fish oil supplements should consider purchasing them from companies that verified they have met the strictest U.S. standards for contaminants." This is quite a different tone than the media reports.

FACTS about HEALTH FIRST® Fish Oil Supplements:

- Health First® fish oils are tested by the International Fish Oil Standards (IFOS) program.
- IFOS is an independent organization dedicated to independent third-party quality testing of fish oils.
- IFOS includes strict testing for PCB's (as well as dioxins, lead, mercury, cadmium).
- The IFOS 5-star program requires that PCB level be 50% under the already strict CRN/GOED standards (see chart below).
- Health First® fish oil have always been in IFOS compliance for PCB's.
- Visit www.ifosprogram.com for more information about Health First® fish oils.
- The chart below shows that Health First® fish oils also meet California's strict Prop 65 Standard.



International Fish Oil Standards

PCB Levels in FISH

Standard	Limit	Details
US FDA Limit for PCB's in fish (Food & Drug Administration)	2,000 ppb	This is the safe limit for PCB's in regular fish products (ie. supermarket) as set by FDA
CRN Standard (Council for Responsible Nutrition)	90 ppb	Industry organization has followed California law in setting 90 ppb as a safe level for PCB's.
IFOS 5-Star Standard (International Fish Oil Standards)	45 ppb	In order to get a 5-star rated oil under IFOS testing, the product must less than 50% of PCB's under CRN standard. Health First® fish oil products are tested to meet this standard. This is a per gram limit.
Prop 65 Standard (California law)	90 ng/day	Set by Californian law – much lower than what the US FDA deems safe. This is the limit being discussed in the media-reported lawsuit.
GOED Voluntary Monograph (Global Organization for EPA and DHA) (formerly known as CRN Voluntary Monograph)	90 ppb	Industry organization GOED has set 90 ppb as a safe level of PCB's. This standard was formerly known as the Council for Responsible Nutrition Voluntary Monograph.
Health First® Products	Recent Testing	Details
Cod Liver Oil Supreme Plus D Example of recent batch <08BIO104>	3.78 ppb	Met 5-star rating under IFOS. At the maximum recommended 1 teaspoon per day it meets the strict Prop 65 standard (16 ng ppb)
Omega-First Gelcaps Example of recent batch <G01062901>	14 ppb	Met 5-star rating under IFOS. Even at the maximum recommended 3 times per day Omega-First meets the strict Prop 65 Standard (50 ng/day)
Omega-First Liquid Example of recent batch <G01062901>	3.07 ppb	Met 5-star rating under IFOS. And even at the maximum recommended 2 times teaspoons per day it meets the strict Prop 65 standard (26 ng/day).
Abbreviations:	FDA = Food and Drug Administration ng = nanograms	IFOS= International Fish Oil Standards GOED = Global Organization for EPA and DHA
		ppb = parts per billion CRN = Council for Responsible Nutrition
		PCB= polychlorinated biphenyl

For more information visit www.ifosprogram.com and www.goedomega3.com