

FISH OIL STANDARDS/TESTING LIMITS

Because governmental fish oil quality standards do not exist in the United States, Nordic Naturals adheres to the stringent European Pharmacopoeia Standard (EP) as well as voluntary standards set by the Global Organization for EPA and DHA Omega-3 (GOED), the International Fish Oil Standards (IFOS) program, World Health Organization (WHO) fish oil monograph, and California's Proposition 65 (PROP 65).

Key: mEq = milliequivalents O ₂ ng = nanogram pg = picogram µg = microgram TE = toxic equivalent KOH = Potassium Hydroxide	Nordic Naturals® Conforms /FAILS	GOED Omega-3 Trade Association Standards	IFOS Nutrasource/NDI 3rd-Party Testing	WHO World Health Organization Standards (Codex Alimentarius)	PROP 65 Safe Harbor (NSRLs), California Standards	EP European Pharmacopoeia Standard/ EFSA
ENVIRONMENTAL TOXIN LIMITS						
PCBs (Total 209 Congeners)	Conforms	< 90 ppb	< 45 ppb	N/A	0.09 µg/day	< 200 ppb (EFSA PCB regulation measures the Sum of ICES 6)
Dioxins & Furans	Conforms	< 1.75 pg WHO- PCDD/F-TEQ/g - (1.75 ppt)	< 1 pg WHO- PCDD/ F-TEQ/g - (1 ppt)	N/A	0.000005 µg/ day (TCDD)	< 1.75 pg WHO-PCDD/ F-TEQ/g - (1.75 ppt) (EFSA)
Dioxin-like PCBs	Conforms	< 3 pg/g (WHO- TEQ) - (3 ppt)	< 1.5 pg/g (WHO- TEQ) - (1.5 ppt)	N/A	N/A	N/A
Sum of Dioxins, Furans, & Dioxin-like PCBs	Conforms	< 3 pg/g (WHO- TEQ) - (3 ppt)	N/A	N/A	N/A	< 6 pg/g (WHO-TEQ) - (6 ppt) (EFSA)
Radiation	Conforms	N/A	50 Bq/kg	<100 Bq/kg (Iodine isotopes) <1000 Bq/kg (Cesium Isotopes)	Listed, no values given	N/A
OXIDATION LIMITS						
Peroxide (PV)	Conforms	< 5 mEq/kg	< 5 mEq/kg	< 5 meq/kg (Draft monograph)	N/A	< 10 mEq/kg
Anisidine (AV)	Conforms	< 20	< 20	< 20 (Draft monograph)	N/A	< 30 mEq/kg
Total Oxidation (TOTOX)	Conforms	< 26	< 19.5	< 26 (Draft monograph)	N/A	None specified
Acid Value	Conforms	< 3.0 mg KOH/g	< 3.0 mg KOH/g	< 3.0 mg KOH/g (Draft monograph)	N/A	< 3.0 KOH/g
HEAVY METAL LIMITS						
Mercury	Conforms	< 0.1 ppm	< 0.1 ppm	N/A	N/A	0.10 ppm (EFSA)
Lead	Conforms	< 0.1 ppm	< 0.1 ppm	<0.1 ppm	0.5 µg/d	3.0 ppm (EFSA)
Arsenic (Inorganic)	Conforms	< 0.1 ppm	< 0.1 ppm	<0.1 ppm	10 µg/d	N/A
Cadmium	Conforms	< 0.1 ppm	< 0.1 ppm	N/A	4.1 µg/d	1.0 ppm (EFSA)

For more on fish oil testing, please see the following standards.

[GOED Overview](#)
[GOED Monograph](#)

[GOED Guidance Docs](#)
[IFOS Overview](#)

[WHO Draft Fish Oil Mono](#)
[WHO HM/RADS Limits](#)

[CA Prop 65 Info](#)
[CA Prop 65 List/Limits](#)

[EFSA PCBs](#)
[EFSA HMs](#)