

We are very happy to share all our test results, in full, so you know exactly what you're getting (and what you're not getting) so you can judge the quality for yourself. We also take a second step to ensure our products are the best quality and have every finished batch tested by IFOS (International Fish Oil Standards). You can read our results on their website.

Rise & Shine Daily Caps

Batch: RS49732

Expiry date: 10/2025

Omega 3 Fish Oil Tests	Unit	Minimum	Maximum	Results
C20:5 n3 (EPA)	Area %	40		43
	mg/g as TG	400		407
	mg/g as FFA	380		391
C22:6 n3 (DHA)	Area %	20		23
	mg/g as TG	200		210
	mg/g as FFA	190		202
C22:5 n3 (DPA)	Area %			4
	mg/g as TG			36
	mg/g as FFA			35
Total omega-3	Area %	70		76
	mg/g as TG	700		706
	mg/g as FFA	670		678
Acid Value	mg KOH/g		1.0	0.1
Peroxide Value	mEq/kg		2.0	1.4
Anisidine Value			8	3
Total Oxidation			10	5
Colour	Gardner		4	3
Cold Test		Min 3h/0°C		Passed
Specific gravity		0.93	0.95	Conforms
Absorbance at 233nm			0.6	0.3
Oligomers	Area %		1.0	0.2
Triglycerides	Area %	90		91
Ethyl Esters	Area %		5	<1
Mixed Tocopherols	mg/g	3.0	4.0	3.2
Dioxins and furans	ng/kg WHOTEQ (2005)		1.0	<1.0
Dioxin like PCBs	ng/kg WHOTEQ (2005)		0.5	<0.5
PCBs (209 congeners)	mg/kg		0.005	<0.005
Benzo(a)pyrene	µg/kg		1.0	<1.0
Sum PAH4	µg/kg		2.0	<2.0
Arsenic (As)	mg/kg		0.1	<0.1
Cadmium (Cd)	mg/kg		0.002	<0.002
Lead (Pb)	mg/kg		0.003	<0.003
Mercury (Hg)	mg/kg		0.002	<0.002
Pesticides	mg/kg		0.01	<0.01
Vitamin D3 Tests	Unit	Limits / Specification		Results
Appearance		Clear oily liquid		Clear oily liquid
Colour		Colourless / Almost colourless / Slightly yellowish		Colourless
Identity of Vitamin D3		Corresponds		Corresponds
Identity of tocopherol		Corresponds		Corresponds
Peroxide value	mEq/kg	Max 2.0		0.3
Acid Value	mg KOH/g	Max 1.0		0.1
Vitamin D3 content	MIU/g	0.90 – 1.10		1.07