

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.

Action Heroes Liquid

Batch: AHL49770

Expiry date: 08/2025

Omega 3 Fish Oil Tests	Unit	Minimum	Maximum	Results
C20:5 n3 (EPA)	Area %	10		16
	mg/g as TG	100		153
	mg/g as FFA	100		147
C22:6 n3 (DHA)	Area %	50		57
	mg/g as TG	500		526
	mg/g as FFA	480		506
C22:5 n3 (DPA)	Area %			6
	mg/g as TG			56
	mg/g as FFA			54
EPA + DHA	mg/g as TG			679
	mg/g as FFA			653
Total omega-3	Area %	67		80
	mg/g as TG	670		758
	mg/g as FFA	640		730
Acid Value	mg KOH/g		1.0	<0.1
Peroxide Value	mEq/kg		2.0	0.2
Anisidine Value			8	3
Total Oxidation			10	3
Colour	Gardner		5	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
Environmental analysis				
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