

# Certificate of Analysis for Mindful

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.

Mindful

Batch: MC24172

Expiry date: October 2020

Discription	Unit	Minimum	Maximum	Results
C22:6 n3 (DHA)	Area %	70		73
	mg/g as TG	700		710
C20:5 n3 (EPA)	Area %	3		6
	mg/g as TG	30		60
Total Omega 3	Area %	82		89
	mg/g as TG	820		870
Acid Value	mg KOH/g		1.0	0.1
Peroxide Value	mEq/kg		2.0	0.8
Anisidine Value			8	4
Total Oxidation			10	6
Colour	Gardner		5	2
Cold test		3h/0C		Passed
Specific gravity		0.93	0.95	Conforms
Absorbance at 233nm			0.6	0.2
Oligomers	% by wt.		1.0	0.1
Triglycerides	% by wt.	90		90
Ethyl Esters	% by wt.		5	1
Mixed tocopherol	mg/g	2.5	5.0	4.8

## Environmental Analysis

Dioxins and furans	ng/kg WHOTEQ		1.0	<1.0
Dioxin like PCBs	ng/kg WHOTEQ		0.5	<0.5
PCBs (209 congeners)	mg/kg		0.005	<0.005
Benzo(a)pyrene	Microgram/kg		1.0	<1.0
Sum PAH 4	Microgram/kg		2,0	<2,0
Cadmium (Cd)	mg/kg		0.002	<0.002
Arsenic (As)	mg/kg		0.1	<0.1
Lead (Pb)	mg/kg		0.003	<0.003
Mercury (Hg)	mg/kg		0.002	<0.002
Pesticides			0.01	<0.01