



## Material Tested

### Product Name

For: True Grace Health  
Lot #: 220203  
Sample: Omega-3 Fish Oil  
Sample ID: 23097VRO\_2

### What's on the report

*We tested this sample using Inductively Coupled Plasma Mass Spectrometry (ICP-MS) to screen for heavy metal contaminants, following USP <561> and California Proposition 65 guidelines.*



## Conclusion: Purity



This sample meets California Prop 65 limits for elemental impurities (heavy metals contaminants.)

### What is the USP?

*USP is the United States Pharmacopeia, an independent, non-profit organization that publishes peer reviewed standards for the pharmaceutical and dietary supplement industries.*



## Test Details

### Contaminant screening results

Element	Limit	Amount	Result
Arsenic	10 ug/serving	<0.273	Pass
Cadmium	4.1 ug/serving	<0.068	Pass
Mercury	0.3 ug/serving	<0.055	Pass
Lead	0.5 ug/serving	<0.273	Pass

*This test is designed to ensure the product does not contain unacceptable levels of metals contaminants.*

### Understanding Contaminant Testing

Marine plants and animals can pick up contamination, including heavy metals from their food sources and environment. Inductively Coupled Plasma Mass Spectrometry (ICP-MS) is used to determine the concentration of heavy metals in dietary supplements.

The State of California Proposition 65 provides limits on the heavy metal contaminants listed above.

*The method used is fully validated to industry standards.*





## Material Tested

Omega-3 Fish Oil

For: True Grace Health

Lot #: 220203

Purpose: Determination of Omega-3 Fatty Acids by GC-FID

Sample ID: 23097VRO, Analysis #: 201806

### What's on the report

We tested this sample by Gas Chromatography (GC). GC is a technique for separating, identifying, and quantifying compounds that are present in a sample.



## Conclusion



This "Omega-3 Fish Oil" test sample contains an average of 1408 mg/2 capsules EPA + DHA, 1574 mg/2capsules total omega-3, and meets USP identity requirements for fish oil.

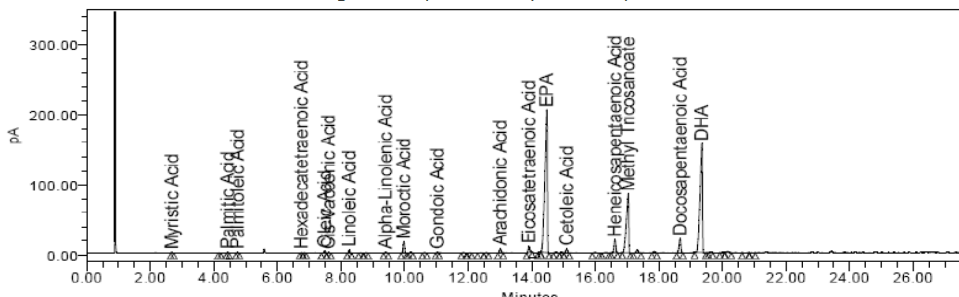
The method used is from the United States Pharmacopeia, an independent, non-profit organization that publishes peer reviewed standards for the pharmaceutical and dietary supplement industries.



## Test Details

Gas Chromatography with Flame Ionization Detection (FID)

Omega-3 Fatty Acid Composition by GC-FID



We use reference standards of known purity to determine the concentration of these compounds in the sample.

### Understanding the Chromatogram

Compounds are separated by their chemical properties and then quantified individually against a reference standard. The size of the peaks in the above image is proportionate to their concentration in the sample.

The primary Omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Other fatty acids are included in the total Omega-3 calculation.

We tested the sample to ensure it meets specifications for strength and identity.

