



Fullscript-tested:

# Low-oxidation omega-3 fish oils

At Fullscript, we're committed to independently testing the products we distribute to provide quality assurances and validate important safety and efficacy label claims.

We tested fish oils for oxidation as a part of our commitment to purity and efficacy.

Fish oil is susceptible to oxidation due to its highly unsaturated structure. Once fish oil starts to oxidize, a notable fishy smell and taste emerge. It's this smell and taste that often leads to the discontinuation of fish oils by patients. (Ismail 2016) Fish oil oxidation will inevitably lower the amounts of its active constituents, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The long-term health effects of consuming oxidized fish oil are unknown, especially for individuals with chronic health conditions. (Satokar 2022)

There are three main measurements of fish oil oxidation: peroxide value (PV), p-Anisidine value (pAV), and total oxidation (TOTOX). TOTOX equals 2PV plus pAV, and it establishes an overall oxidation value. TOTOX is not a validated measure of oxidation and may vary substantially due to pAV. pAV measures secondary oxidation and is often skewed by certain colors and flavorings. As a result, this testing is typically done in the raw material stages by manufacturers. (GOED Standards 2022) PV is the only validated, consistent measure of primary fish oil oxidation, especially at the finished product stage, so we opted to report on this measure. (Cameron-Smith 2015)

All of the Fullscript-distributed fish oil supplements we tested for PV (primary oxidation) had levels below the 10 meq/kg limit established by the National Sanitation Foundation American National Standards Institute (NSF ANSI) 173 2013. Some of the fish oils tested were below the Global Organization for EPA and DHA's (GOED's) voluntary standard of 5 meq/kg.





# Featured Fullscript-tested products

The Fullscript catalog experience will soon allow you to filter quality-tested products. The following are featured high-quality products that meet Fullscript’s potency standards.

## Metagenics SPM Active® One Daily



### Description:

PV as tested: 1.6 meq/kg  
Lot code: B23010493  
Manufacturer standards:  
GOED (<5 meq/kg)

Source: Sustainable, cold-water fish (anchovy, sardine, and mackerel); non-GMO and gluten-free

SKU: [MET-SPMAD14](#)  
SKU: [MET-SPMAD30](#)  
SKU: [MET-SPMAD60](#)

### Supplement Facts

Serving Size 2 softgels	
Amount Per Serving	
Calories 10	
Total Fat 1 g	
Cholesterol <5 mg	
Active fractionated marine lipid concentrate†	1 g
SPM content standardized to:	
18-hydroxy-eicosapentaenoic acid (18-HEPE)	
17-hydroxy-docosahexaenoic acid (17-HDHA)	
14-hydroxy-docosahexaenoic acid (14-HDHA)	
Other ingredients: Fractionated marine lipid concentrate (fish oil (anchovy, sardine, and mackerel) and mixed tocopherols (antioxidant)), softgel shell (gelatin, glycerin, and water), and silica	

## Designs for Health OmegAvail™ Hi-Po



### Description:

PV as tested: 1.8 meq/kg  
Lot code: 34171  
Manufacturer standard:  
GOED (<5 meq/kg)

Source: Alaskan pollock; no gluten, dairy, soy, or GMOs

SKU: [DFH-OPO060](#)  
SKU: [DFH-OPO120](#)

### Supplement Facts

Serving Size 2 softgels	
Amount Per Serving	
Omega-3 fatty acids (from fish oil)	
EPA (eicosapentaenoic acid)	800 mg
DHA (docosahexaenoic acid)	800 mg
Active fractionated marine lipid concentrate†	1 g
Other ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase	



# Pure Encapsulations O.N.E.™ Omega



## Description:

PV as tested: 1.7 meq/kg  
Lot code: 50309990  
Manufacturer standard:  
GOED (<5 meq/kg)

Source: Anchovies, jack, herring, smelt, salmon, mackerel, squid; free from wheat, soy, dairy, eggs, nuts, gluten, shellac, GMOs, magnesium stearate, and artificial colors, flavors, and sweeteners

SKU: [PUR-ON03](#)  
SKU: [PUR-ON06](#)

## Supplement Facts

Serving Size 1 softgel

### Amount Per Serving

Fish oil concentrate	1,250 mg
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: Natural mixed tocopherols, rosemary extract (leaf), gelatin capsule (gelatin, glycerin, water)

