

Fullscript-tested:

Low-oxidation omega-3 fish oils

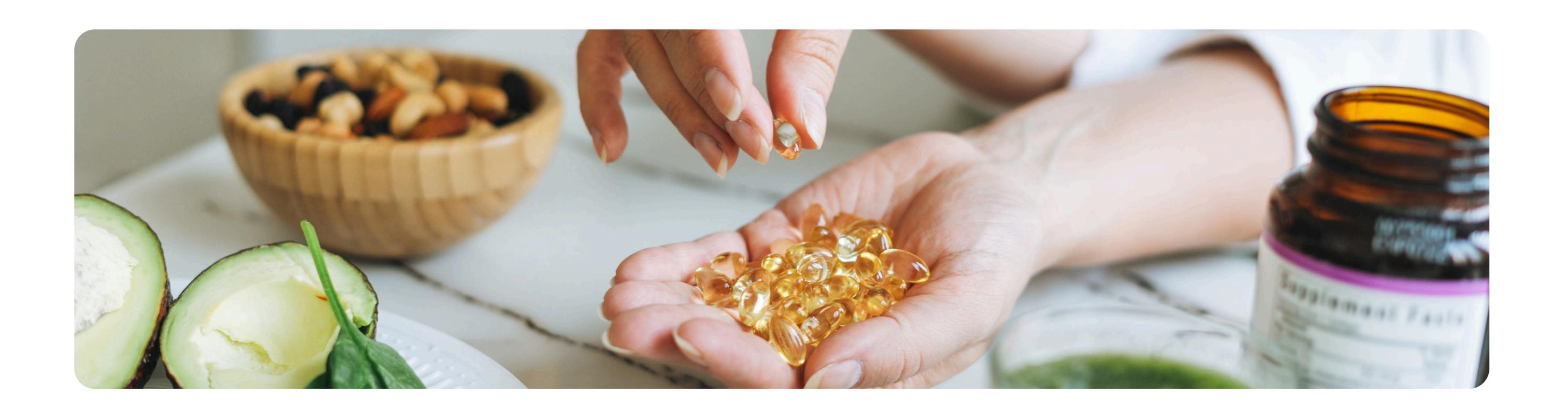
At Fullscript, we're committed to independently testing the products we distribute to provide quality assurances and validate important safety and efficacy label claims.

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

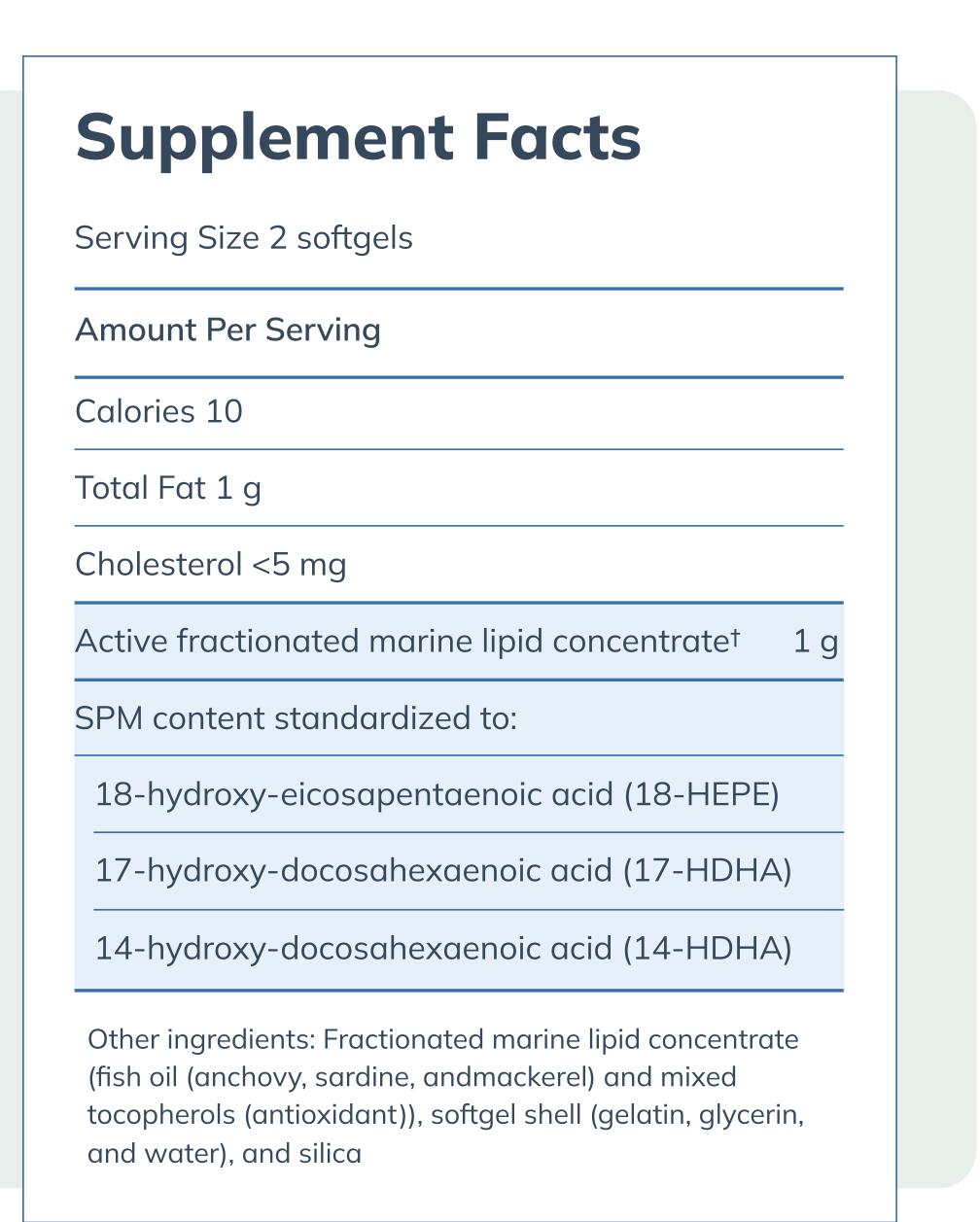


Description:

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-SPMAD30
SKU: MET-SPMAD30
SKU: MET-SPMAD60



Designs for Health OmegAvailTM Hi-Po



Description:

PV as tested: 1.8 meg/kg

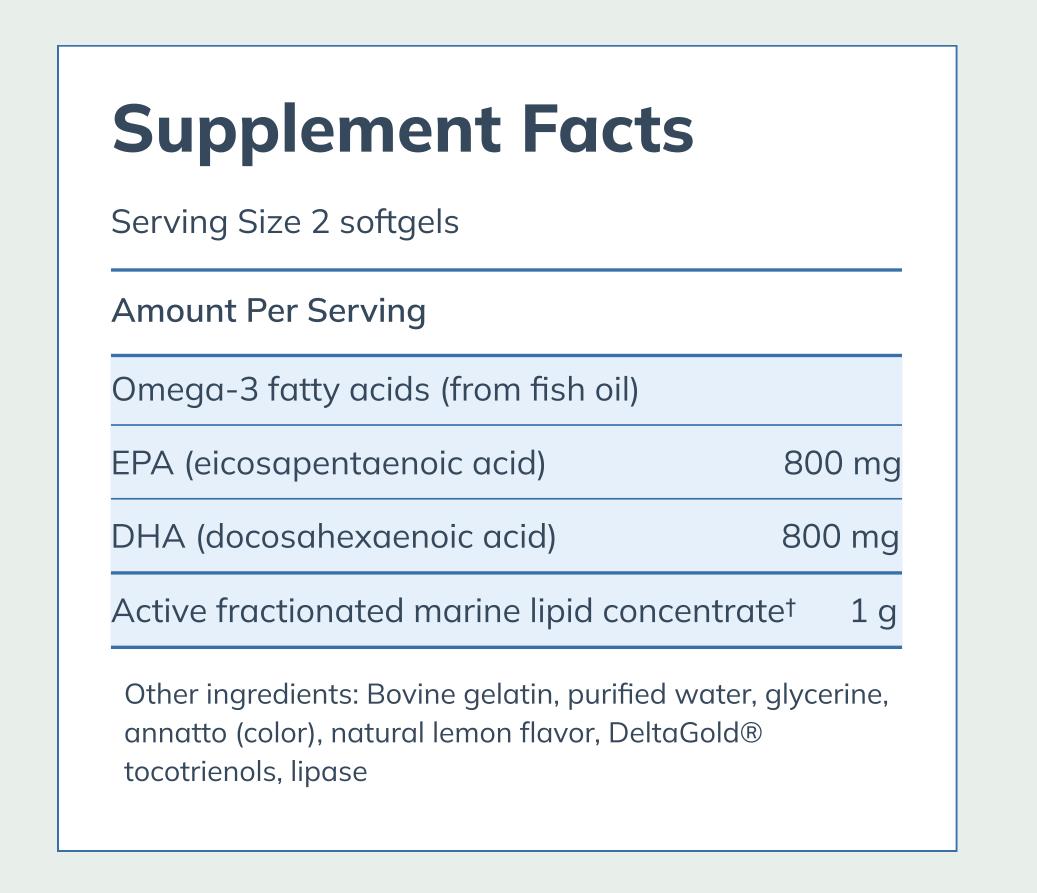
Lot code: 34171

Manufacturer standard: GOED (<5 meq/kg)

Source: Alaskan pollock; no gluten,

dairy, soy, or GMOs

SKU: <u>DFH-OPO060</u> **SKU:** <u>DFH-OPO120</u>



Pure Encapsulations O.N.E.TM 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-ONO3
SKU: PUR-ONO6

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 tocophe extract (leaf), gelatin capsule (gelatin, gly	•

