

FOR OMEGA-3 QUALITY,

GO BY THE NUMBERS

The new voluntary monograph for omega-3 EPA and DHA adopted by the CRN working group on omega-3 fatty acids establishes new, more stringent quality standards for these ingredients. The new quality standards are:

MEASURES OF OXIDATION

Peroxide value (PV): Maximum 5 meq/kg

Anisidine value (AV): Maximum 20

TOTOX: Maximum 26 (calculated as $(2 \times PV) + AV$)

QUANTITY OF OMEGA-3 FATTY ACIDS

Acid value: Maximum 3 KOH/g

Quantity of EPA and DHA expressed on a weight/weight basis (mg/g)

PURITY

Maximum 2 pg/g dioxins (PCDDs, PCDFs)

PCBs less than 0.09 mg/kg (ppm)

Lead, cadmium, mercury, arsenic: each

less than 0.1 mg/kg (ppm)

LOOK FOR THESE NUMBERS ON CERTIFICATES OF ANALYSIS,

AS INDICATORS OF QUALITY OMEGA-3 EPA AND DHA