

How to Identify a *Quality* Fish Oil Product

When looking for a high-quality premium fish oil supplement be scrupulous and look for a company that exceeds Australian testing standards to provide you the freshest, most pure product possible.

A qualified practitioner can help you tick these boxes and establish if a product is **Third Party Tested** before and after encapsulation.

It is also important to make sure the product is **free from any unnecessary:**

Excipients

Flavours

Preservatives

Fun Fact:



If you can't tell if a fish oil has been tested for freshness, an easy way to assess it yourself is to bite into the capsule or taste the liquid. If the oil smells or tastes strongly of fish and causes reflux or fishy burps, then it is likely rancid.

Fish oils should be tested rigorously for freshness and purity to ensure their efficacy and safety. There are key features that you can look out for, so that you know you are buying a quality fish oil.



Third party tested
before and after
encapsulation for:



Oxidation markers

(Peroxide and Anisidine)



Heavy metals

(eg. Mercury)



Environmental toxins

(Dioxins, Furans and Dioxin-like PCBs)



Plastics



Radiation exposure



**True EPA/DHA
content**



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A good quality fish oil *should be:*

1. Fresh

Look for a product that tests oxidation markers, these include Acid value, Anisidine and Peroxide. Oxidation and oxidative degradation is a chemical reaction that generates reactive oxygen species, otherwise known as free radicals. These free radicals may adversely affect food quality and shelf life by producing off-flavours and reducing nutritional values.¹ An oxidised fish oil can potentially be detrimental to your health.²

2. Tested for Heavy Metals & Environmental Toxins

Heavy metals and environmental pollutants including plastics are readily found in many species of commercial fish that are both imported and found in local waters off Australia. Australia's Therapeutic Goods Administration sets minimum standards for public consumption, however, recent research shows that even the minimum standards are not always being met.³ Find a product that tests beyond the minimum standards required for markers such as mercury, lead, arsenic and cadmium (look for levels as low as 0.002 ppm), PCB's, Dioxins, Furans (look for levels as low as 1.5 pg/g) and plastics.

3. Tested for Radiation exposure

This testing is not compulsory in Australia so there is even more reason to look for a product that has been tested for Gamma Emission Radioactivity. The 2011 tsunami that caused devastating damage to the coast of Japan and the Fukushima Nuclear Power Plant saw the release of radioactive material into the atmosphere and directly into the sea.⁴ The biological damage and negative impact of radiation exposure on human health has been well documented and finding a company that can assure it tests for radiation activity in its fish oil is crucial for evaluating the safety and quality of that product.

Always seek a qualified practitioner's advice for the appropriate product and dose for your specific health concerns. References available on request.



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