

Certificate of Analysis

QUALITY CONTROL LABORATORY ANALYTICAL REPORT

Date: Apr. 15, 2025 Product: PlanSir 70%DHA Energy Fish Oil Softgels
 Product Code: 201863 Lot No.: 22402427 Manufacture Date: Feb. 10, 2025

Active Ingredients	*Base on Input	per unit	Result
Fish Oil (Containing EPA 8%, DHA 70%) (Composition: Fish Oil 99.6%, Tocopherols Concentrate, Mixed 0.4%)		500.00 mg	*

**Excipients: Gelatin (Pig Skin), Glycerol, Purified Water, Sunset Yellow FCF, Titanium Dioxide, Brilliant Blue FCF*

Chemical /Physical Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Appearance	Oval 10 green softgel containing clear oil	Conforms	Visual
Average Filling Weight	500.000 mg $\pm$ 10%	493.770 mg	USP <2091>
Weight Variation	Meets USP requirements	Conforms	USP <2091>
Rupture Test	NMT 15 minutes	4 min 45 sec	USP <2040>
Shell Moisture Content	6% ~ 10%	7.0%	USP <731>
Peroxide Value	NMT 5.0 mEq/kg	4.6 mEq/kg	USP <401>
Heavy Metals*			
Arsenic	NMT 0.14 mcg/kg b.w./day	Conforms	ICP
Cadmium	NMT 0.09 mcg/kg b.w./day		
Lead	NMT 0.14 mcg/kg b.w./day		
Mercury	NMT 0.29 mcg/kg b.w./day		

Microbiological Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Total Aerobic Count	< 1000 cfu/g	Conforms	USP <2021>
Total Combined Mold and Yeasts Count	< 100 cfu/g	Conforms	USP <2021>
E. coli	Negative	Negative	USP <2022>
Salmonella spp.	Negative	Negative	USP <2022>
Staphylococcus aureus	Negative	Negative	USP <2022>
Pseudomonas aeruginosa	Negative	Negative	USP <62>



Quality Control

04/15/2025

Date

Certificate of Analysis

QUALITY CONTROL LABORATORY ANALYTICAL REPORT

Date: May 10, 2024 Product: PlanSir 70%DHA Energy Fish Oil Softgels
 Product Code: 201863 Lot No.: 22308227 Manufacture Date: Mar.20, 2024

Active Ingredients	*Base on Input	per unit	Result
Fish Oil (Containing EPA 8%, DHA 70%) (Composition: Fish Oil 99.6%, Tocopherols Concentrate, Mixed 0.4%)		500.00 mg	*

**Excipients: Gelatin (Pig Skin), Glycerol, Purified Water, Sunset Yellow FCF, Titanium Dioxide, Brilliant Blue FCF*

Chemical /Physical Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Appearance	Oval 10 green softgel containing clear oil	Conforms	Visual
Average Filling Weight	500.000 mg $\pm$ 10%	491.40 mg	USP <2091>
Weight Variation	Meets USP requirements	Conforms	USP <2091>
Rupture Test	NMT 15 minutes	5 min 35 sec	USP <2040>
Shell Moisture Content	6% ~ 10%	7.5 %	USP <731>
Peroxide Value	NMT 5.0 mEq/kg	4.6 mEq/kg	USP <401>
Heavy Metals*			
Arsenic	NMT 0.14 mcg/kg b.w./day	Conforms	ICP
Cadmium	NMT 0.09 mcg/kg b.w./day		
Lead	NMT 0.14 mcg/kg b.w./day		
Mercury	NMT 0.29 mcg/kg b.w./day		

Microbiological Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Total Aerobic Count	< 1000 cfu/g	Conforms	USP <2021>
Total Combined Mold and Yeasts Count	< 100 cfu/g	Conforms	USP <2021>
E. coli	Negative	Negative	USP <2022>
Salmonella spp.	Negative	Negative	USP <2022>
Staphylococcus aureus	Negative	Negative	USP <2022>
Pseudomonas aeruginosa	Negative	Negative	USP <62>



Quality Control

05/10/2024

Date

Certificate of Analysis

QUALITY CONTROL LABORATORY ANALYTICAL REPORT

Date: Oct. 11, 2023 Product: PlanSir 70%DHA Energy Fish Oil Softgels
 Product Code: 201863 Lot No.: 22308127 Manufacture Date: Sep.29, 2023

Active Ingredients	*Base on Input	per unit	Result
Fish Oil (Containing EPA 8%, DHA 70%) (Composition: Fish Oil 99.6%, Tocopherols Concentrate, Mixed 0.4%)		500.00 mg	*

**Excipients: Gelatin (Pig Skin), Glycerol, Purified Water, Sunset Yellow FCF, Titanium Dioxide, Brilliant Blue FCF*

Chemical /Physical Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Appearance	Oval 10 green softgel containing clear oil	Conforms	Visual
Average Filling Weight	500.000 mg $\pm$ 10%	490.170 mg	USP <2091>
Weight Variation	Meets USP requirements	Conforms	USP <2091>
Rupture Test	NMT 15 minutes	5 min 38 sec	USP <2040>
Shell Moisture Content	6% ~ 10%	7.3 %	USP <731>
Peroxide Value	NMT 5.0 mEq/kg	4.5 mEq/kg	USP <401>
Heavy Metals*			
Arsenic	NMT 0.14 mcg/kg b.w./day	Conforms	ICP
Cadmium	NMT 0.09 mcg/kg b.w./day		
Lead	NMT 0.14 mcg/kg b.w./day		
Mercury	NMT 0.29 mcg/kg b.w./day		

Microbiological Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Total Aerobic Count	< 1000 cfu/g	Conforms	USP <2021>
Total Combined Mold and Yeasts Count	< 100 cfu/g	Conforms	USP <2021>
E. coli	Negative	Negative	USP <2022>
Salmonella spp.	Negative	Negative	USP <2022>
Staphylococcus aureus	Negative	Negative	USP <2022>
Pseudomonas aeruginosa	Negative	Negative	USP <62>



Quality Control

10/11/2023

Date

Certificate of Analysis

QUALITY CONTROL LABORATORY ANALYTICAL REPORT

Date: January 09, 2023 Product: PlanSir 70%DHA Energy Fish Oil Softgels
 Product Code: 201863 Lot No.: 22212133 Manufacture Date: Dec. 20, 2022

Active Ingredients	*Base on Input	per unit	Result
Fish Oil (Containing EPA 8%, DHA 70%) (Composition: Fish Oil 99.6%, Tocopherols Concentrate, Mixed 0.4%)		500.00 mg	*

**Excipients: Gelatin (Pig Skin), Glycerol, Purified Water, Sunset Yellow FCF, Titanium Dioxide, Brilliant Blue FCF*

Chemical /Physical Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Appearance	Oval 10 green softgel containing clear oil	Conforms	Visual
Average Filling Weight	500.000 mg $\pm$ 10%	495.030 mg	USP <2091>
Weight Variation	Meets USP requirements	Conforms	USP <2091>
Rupture Test	NMT 15 minutes	1min 44 sec	USP <2040>
Shell Moisture Content	6% ~ 10%	7.9%	USP <731>
Peroxide Value	NMT 5.0 mEq/kg	1.8 mEq/kg	USP <401>
Heavy Metals*			
Arsenic	NMT 0.14 mcg/kg b.w./day	Conforms	ICP
Cadmium	NMT 0.09 mcg/kg b.w./day		
Lead	NMT 0.14 mcg/kg b.w./day		
Mercury	NMT 0.29 mcg/kg b.w./day		

Microbiological Analysis

ITEM	SPECIFICATION	RESULT	METHODS
Total Aerobic Count	< 1000 cfu/g	Conforms	USP <2021>
Total Combined Mold and Yeasts Count	< 100 cfu/g	Conforms	USP <2021>
E. coli	Negative	Negative	USP <2022>
Salmonella spp.	Negative	Negative	USP <2022>
Staphylococcus aureus	Negative	Negative	USP <2022>
Pseudomonas aeruginosa	Negative	Negative	USP <62>



 Quality Control

01/09/2023

Date