



CERTIFICATE OF ANALYSIS

Verified in accordance with the 5 Nation Standard™

Batch Information

Product Name	Head & Heart Omega 3 Capsules 60ct (30 Servings)
Batch / Lot No.	H26124003
Item Number:	10179
Total Serving:	30
Serving Size:	2 capsules
Label Version	10179-L01-25
Manufacture Date	05/4/2026
Expiration Date	05/2028
Review Date	05/22/2026
Tested by	Independent ISO 17025-Certified Laboratories
Verified by	Takeshi Cruz

Purity

Tested for contaminants, heavy metals, and pesticides using validated international methods. Inspired by the U.S. (USP, AOAC), Germany (BfR & BVL), Switzerland (Swissmedic, FSVO):

Composition

Parameter	Specification	Result	Method	Reference**
Arsenic, Inorganic	NMT 15 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	P9149065

Lead	NMT 5 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	P9149065
Cadmium	NMT 5 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	P9149065
Mercury, Total	NMT 15 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	P9149065

Microbial

Parameter	Specification	Result	Method	Reference**
Total Plate Count	NMT 100,000 CFU/g	Meets Specification	AOAC, USP, or equivalent	P9149065
Yeast and Mold Counts	NMT 1,000 CFU/g	Meets Specification	AOAC, USP, or equivalent	P9149065
Total Coliforms Count	NMT 1,000 CFU/g	Meets Specification	AOAC, USP, or equivalent	P9149065
E.Coli	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	P9149065
Staphylococcus Aureus	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	P9149065
Salmonella	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	P9149065

Solvents

Solvent Residue	Specification	Result	Method	Reference**
Class 1 - 1,1,1-Trichloroethane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 1 - 1,1-Dichloroethene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 1 - 1,2-Dichloroethane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 1 - Benzene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 1 - Carbon Tetrachloride	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - 1,2-Dichloroethene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - 1,2-Dimethoxyethane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - 1,4-Dioxane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Acetonitrile	NMT 50 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Chlorobenzene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Chloroform	NMT 1 ppm	Not Detected	USP <467>	P9146073

Class 2 (Mix A & B) - Cyclohexane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Hexane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Methanol	NMT 50 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Methylbutylketone	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Methylcyclohexane	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Methylene Chloride	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Nitromethane	NMT 50 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Pyridine	NMT 200 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Tetrahydrofuran	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Tetralin	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Toluene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Trichloroethylene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 2 (Mix A & B) - Xylene	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 3 - Ethanol	NMT 5,000 ppm	Not Detected	USP <467>	P9146073
Class 3 - Acetone	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 3 - Isopropanol	NMT 1 ppm	Not Detected	USP <467>	P9146073
Class 3 - Ethyl acetate	NMT 1 ppm	Not Detected	USP <467>	P9146073

Pesticide Screen

Pesticide	Specification	Result	Method	Reference**
Acephate	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Aldrin and dieldrin (sum of)	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Azinphos-ethyl	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Azinphos-methyl	NMT 1 ppm	Not Detected	USP <561>	P9146073
Bromide, inorganic (calculated as bromide ion)	NMT 125 ppm	Not Detected	USP <561>	P9146073

Bromophos-ethyl	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Bromophos-methyl	NMT 1 ppm	Not Detected	USP <561>	P9146073
Bromopropylate	NMT 3 ppm	Not Detected	USP <561>	P9146073
Chlordane (sum of cis-, trans-, and oxychlordane)	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Chlorfenvinphos	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Chlorpyrifos-ethyl	NMT 0.2 ppm	Not Detected	USP <561>	P9146073
Chlorpyrifos-methyl	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Chlorthal-dimethyl	NMT 0.01 ppm	Not Detected	USP <561>	P9146073
Cyfluthrin (sum of)	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
λ-Cyhalothrin	NMT 1 ppm	Not Detected	USP <561>	P9146073
Cypermethrin and isomers (sum of)	NMT 1 ppm	Not Detected	USP <561>	P9146073
DDT (sum of o,p'-DDE, p,p'-DDE, o,p'-DDT, p,p'-DDT, o,p'-TDE, and p,p'-TDE)	NMT 1 ppm	Not Detected	USP <561>	P9146073
Deltamethrin	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Diazinon	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Dichlofluanid	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Dichlorvos	NMT 1 ppm	Not Detected	USP <561>	P9146073
Dicofol	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Dimethoate and omethoate (sum of)	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Dithiocarbamates (expressed as CS ₂)	NMT 2 ppm	Not Detected	USP <561>	P9146073
Endosulfan (sum of isomers and endosulfan sulphate)	NMT 3 ppm	Not Detected	USP <561>	P9146073
Endrin	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Ethion	NMT 2 ppm	Not Detected	USP <561>	P9146073
Etrimphos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Fenchlorophos (sum of fenchlorophos and fenchlorophos-oxon)	NMT 0.1 ppm	Not Detected	USP <561>	P9146073

Fenitrothion	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Fenpropathrin	NMT 0.03 ppm	Not Detected	USP <561>	P9146073
Fensulfothion (sum of fensulfothion, oxon, sulfone, and oxon sulfone)	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Fenthion (sum of fenthion and metabolites)	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Fenvalerate	NMT 1.5 ppm	Not Detected	USP <561>	P9146073
Flucythrinate	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
γ -Fluvalinate	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Fonophos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Heptachlor (sum of heptachlor, cis- and trans-heptachlorepoxyde)	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Hexachlorbenzene	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Hexachlorocyclohexane (sum of α , β , γ , δ isomers)	NMT 0.3 ppm	Not Detected	USP <561>	P9146073
Lindane (γ -hexachlorocyclohexane)	NMT 0.6 ppm	Not Detected	USP <561>	P9146073
Malathion and malaoxon (sum of)	NMT 1 ppm	Not Detected	USP <561>	P9146073
Mecarbam	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Methacriphos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Methamidophos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Methidathion	NMT 0.2 ppm	Not Detected	USP <561>	P9146073
Methoxychlor	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Mirex	NMT 0.01 ppm	Not Detected	USP <561>	P9146073
Monocrotophos	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Parathion-ethyl and paraoxon-ethyl (sum of)	NMT 0.5 ppm	Not Detected	USP <561>	P9146073
Parathion-methyl and paraoxon-methyl (sum of)	NMT 0.2 ppm	Not Detected	USP <561>	P9146073
Pendimethalin	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Pentachloranisole	NMT 0.01 ppm	Not Detected	USP <561>	P9146073
Permethrin and isomers (sum of)	NMT 1 ppm	Not Detected	USP <561>	P9146073
Phosalone	NMT 0.1 ppm	Not Detected	USP <561>	P9146073

Phosmet	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Piperonyl butoxide	NMT 0.3 ppm	Not Detected	USP <561>	P9146073
Pirimiphos-ethyl	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Pirimiphos-methyl (sum of pirimiphos-methyl and N-desethyl-pirimiphos-methyl)	NMT 4 ppm	Not Detected	USP <561>	P9146073
Procymidone	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Profenophos	NMT 0.1 ppm	Not Detected	USP <561>	P9146073
Prothiophos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Pyrethrum (sum of cinerin I/II, jasmolin I/II, pyrethrin I/II)	NMT 3 ppm	Not Detected	USP <561>	P9146073
Quinalphos	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Quintozene (sum of quintozene, pentachloraniline, methyl pentachlorophenyl sulfide)	NMT 1 ppm	Not Detected	USP <561>	P9146073
S-421	NMT 0.02 ppm	Not Detected	USP <561>	P9146073
Tecnazene	NMT 0.05 ppm	Not Detected	USP <561>	P9146073
Tetradifon	NMT 0.3 ppm	Not Detected	USP <561>	P9146073
Vinclozolin	NMT 0.4 ppm	Not Detected	USP <561>	P9146073

Strength

Inspired by the U.S.A.'s FDA requirements and Japan's strict label accuracy policies.

We test every production batch to make sure active ingredient strength matches our label claim.

- Many countries and brands allow rounding rules or under-formulation amounts of nutrients; Ora requires a 100% label claim throughout shelf life. Often, our products are formulated with intentional nutritional overages.
- We justify every expiration date with real data — what we call Shelf Life Justification.

Nutritional Information

Parameter	Specification	Result (per serving)	Method	Reference**
Docosahexaenoic Acid (DHA)	NLT 500mg per serving	Meets Specification	AOAC or equivalent	P9148953

Safety

Inspired by GRAS (Generally Recognized as Safe) regulations in the U.S. and strict allergen labeling laws in Japan

- All ingredients are either GRAS a.k.a. generally recognised as safe, self-affirmed GRAS, or approved under New Dietary Ingredient (NDI) pathways.
- We label major allergens clearly.
- No banned substances, and we avoid excipient ingredients (like fillers and additives) that aren't needed

Allergens

Parameter	Specification	Result (per serving)	Method	Reference**
Gluten Allergen*	NMT 20ppm	Meets Specification	EZ Gluten or equivalent	P9146073
Crustacean Allergen*	Not Detected / NMT 2.5ppm	Meets Specification	ELISA, or equivalent	P9146073
Egg Allergen*	Not Detected / NMT 2.5ppm	Meets Specification	ELISA, or equivalent	P9146073
Fish Allergen*	Not Detected / NMT 2.5ppm	Meets Specification	ELISA, or equivalent	P9146073
Milk Allergen*	Not Detected / NMT 2.5ppm	Meets Specification	ELISA, or equivalent	P9146073
Peanut Allergen*	Not Detected / NMT 2.5ppm	Meets Specification	ELISA, or equivalent	P9146073
Soy Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA, or equivalent	P9146073
Sesame Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA, or equivalent	P9146073

Remarks:

* Analysis performed on an annual basis.

**All analyses performed by CA State-certified and/or ISO accredited third-party laboratories.

Transparency

Inspired by third-party voluntary programs across all five countries:

- We self-publish batch-specific lab test results for all products.
- We partner with leading third-party laboratories and verification providers.
- Our product standards and testing methods are documented and openly shared.

Laboratory	Accreditation	Method Reference	Report ID
FSNS, Intertek, Tentamus, QALITEX	ISO 17025	Testing performed in accordance with AOAC, USP, FCC, and ISO-validated methods	See above references



Testing conducted in accordance with Ora's 5 Nation Standard™ — integrating analytical requirements and safety thresholds from Switzerland, Japan, Germany, New Zealand, and the United States.

All results are verified by ISO 17025 accredited third-party laboratories.

QC#	ORA-10179W-002
Approved by:	G. Wong
Version	2.00
Updated	November 3, 2025