



Photo: ConsumerLab.com

Fish Oil Supplement Tests Show Problems with Nearly 30% of Products Selected for Review

Krill Oil and Algal Oil Supplements Also Tested for Omega-3s

Alphabetical list of fish oil, krill oil, and algal oil supplement brands in report

- Advocare review
- CardioStat (Amerifit) review
- Carlson review
- CVS review
- Dr. Sears review
- Finest Natural (Walgreen)
- Garden of Life review
- GNC review
- Kirkland (Costco) review
- Life Extension review
- Liquid Solutions review
- Master Omega review
- Mercola review
- Natrol review
- Natural Factors review
- Nature Made review
- New Chapter review
- Nordic Naturals review
- NOW review
- NSI (Vitacost) review
- Olympian Labs review
- OmegaBrite review
- Origin (Target) review
- Pregnancy Plus review
- Puritan's Pride review
- Quest Longevity review
- Res-Q review
- Solgar review
- Source Naturals review
- Spring Valley (Walmart) review
- Swanson review
- Trader Joe's review
- The Simpsons review
- Vital Nutrients review
- VitalOils (VitalRemedyMD) review
- Vitamin Shoppe review
- Vitamin World review
- Weil (Andrew Weil, M.D.) review
- Wellements review
- 1-800-PetMeds review

**Make sure the fish oil, krill oil, or algal oil pill or liquid you take passed our tests and is right for you!
Isn't your health worth it?**

Laboratory tests of fish oil, krill oil, and algal oil supplements by ConsumerLab.com revealed quality problems with 7 out of 24 products selected for review. Three products contained less omega-3 fatty acids (EPA and/or DHA) than claimed. Several products (including a children's fish oil) were spoiled when purchased. An enteric-coated fish oil softgel released its oil too early. A fish oil supplement for pets exceeded the contamination limit for PCBs. Seventeen of the selected omega-3 supplements passed testing as did 17 products similarly tested through ConsumerLab.com's voluntary certification program.

ConsumerLab.com also found that concentrations of EPA and DHA omega-3s ranged from less than 20% to over 80% of the fish oil (or other marine oil) content listed on front labels. Some labels included quality claims with no regulatory basis making them meaningless.



Photo: ConsumerLab.com

Contamination and Mislabeled Found Among Glucosamine, Chondroitin and MSM Supplements

Glucosamine, chondroitin, and MSM supplements compared in this review

- 21st Century Glucosamine Chondroitin Triple Strength
- BioGenesis Nutraceuticals ArthroGenx
- Cosamin DS
- CVS pharmacy MSM
- Doctor's BEST Best MSM 1500
- Dr. David Williams Joint Advantage Gold
- Drinkables Liquid Supplements Liquid Joint Care
- Elations Healthier Joints
- FeelAnew Glucosamine Chondroitin Nexrutine
- Finest Natural Glucosamine Chondroitin Double
- GNC Glucosamine 750 Chondroitin 600
- GNC Triflex
- GNC TriFlex Complete Vitapak Fast Acting
- GNC TriFlex Complete Vitapak MSM
- Jarrow Formulas Glucosamine + Chondroitin + MSM
- Joint Juice Glucosamine-Chondroitin
- KAL Glucosamine Chondroitin MSM
- Maxi-Health Super Glucosamine Complex
- Maximum Strength DONA Glucosamine
- Nature Made Triple Flex
- Nature's Bounty Flex-a-min Triple Strength
- NOW Vegetarian Glucosamine & MSM
- Nutralite glucosamine-7
- Nutri-Supreme Research Ultra Joint Support
- Osteo Bi-Flex Advanced
- Puritan's Pride Premium Glucosamine HCL
- Schiff Move Free Advanced
- Shaklee Joint Health Complex
- Simply Right Triple Strength Glucosamine and Chondroitin
- Source Naturals Chondroitin Sulfate
- Spring Valley MSM
- Thorne Research Glucosamine and Chondroitin
- Trace Minerals Research ActivJoint Platinum
- Trader Joe's Glucosamine Chondroitin
- TR CAPS Joint Plus Caps 8 Hour Time-Release
- Twinlab Joint Fuel
- USANA Optimizers Procosa
- Vitamin Shoppe Joint Solutions Triple Strength
- Vitamin World Triple Strength Glucosamine HCL
- Webber naturals Glucosamine Chondroitin MSM
- Wellesse Joint Movement Glucosamine
- Whole Foods Glucosamine and

- GNC Triflex Fast-Acting

**Make sure the arthritis joint supplement you take passed our quality review and is right for you!
Isn't your health worth it?**

Glucosamine, chondroitin, and MSM may help treat or relieve pain of arthritis caused by worn cartilage in joints -- a condition known as osteoarthritis. However, the quality of supplements for joint health varies, as do the ingredients, dose, and price. How can you select the best glucosamine, chondroitin, and/or MSM supplement? ConsumerLab.com tells you how in this new report.

Among the 22 supplements ConsumerLab.com selected and tested, only 18 met quality standards and labeling requirements. One product, from a nationally recognized company, was contaminated with one of the highest levels of lead ConsumerLab.com has found in a supplement -- 13.2 micrograms per day. This is 26 times as much lead as CL permits. A second national brand also exceeded the lead limit, containing 1.7 micrograms of lead. All other products were below the contamination limit. However, one was found to contain only 71.5% of its listed amount of chondroitin and another was improperly labeled, lacking a required consumer warning and containing an ingredient not approved for use in a supplement.

Fortunately, our tests also identified many supplements containing all of the listed glucosamine, chondroitin, and/or MSM as well as being below CL's limit for lead contamination, able to break apart properly, and properly labeled. Among these products top-rated for quality, we determined those available at the lowest cost, so you can find a quality joint health supplement at the best price.



Photo: ConsumerLab.com

Many Protein Powders and Drinks Deliver Listed Ingredients, But Some Found with Extra Sugar or Lead Contamination

Alphabetical list of protein powder and protein drink brands in report

- ABB Mass Recovery review
- Allmax review
- BioPlex Nutrition review
- Body Fortress review
- BSN Synth-6 review
- Cytomax review
- EAS review
- Endurox review
- Garden of Life RAW review
- Genisoy review
- GNC review
- Gold Standard review
- Jay Robb review
- Metagenics review
- Nature's Plus (Spiru-Tein) review
- NutriBiotic review
- PowerBar review
- Reliv review
- Slim-Fast (optima) review
- Solgar review
- TwinLab review
- Universal Nutrition review

**Make sure the protein supplement you take passed our test and is right for you!
Isn't your health worth it?**

Protein from whey, soy, and/or rice is a key ingredient in supplements for body-building as well as in products for endurance, sports recovery, dieting, and meal-replacement. But how good is the quality of these protein powders and protein drinks and how do they compare nutritionally?

Our review of protein powders and drinks revealed lead contamination in two protein supplements -- delivering 6 to 18 mcg of the heavy metal in a daily serving. Four grams of extra sugar was found in one serving of a third product. The other protein supplements tested met their label claims and did not exceed contamination limits for lead.

ConsumerLab.com tested all products for melamine, a cheap substitute for protein that can be toxic and has been reported in products in the U.S. in recent years. Fortunately, melamine was not found in any of the tested protein supplements.



Photo: ConsumerLab.com

Multivitamins Put to the Test; Defects Found in Over 30% Chosen for Review

Multivitamins compared in report (alphabetical)

- All One Active Seniors
- alpha betic
- Berkley & Jensen Men's Daily (BJ's)
- Centrum Chewables
- Centrum Silver
- Country Life Maxi-Sorb Max for Men
- CVS Pharmacy Spectravite Senior
- DG health Adult Formula Complete 50+
- Enfamil Poly-Vi-Sol with Iron
- Equate Mature Multivitamin 50+ (Walmart)
- Flintstones Plus Bone Building Support
- Garden of Life Raw One for Women
- Glaceau Vitamin Water Multi-V
- GNC Men's Mega Men
- GNC Men's Mega Men 50 Plus
- GNC Men's Mega Men Sport
- GNC Women's Ultra Mega
- GNC Women's Ultra Mega 50 Plus
- GNC Women's Ultra Mega Active
- Hero Nutritionals Yummi Bears
- Jamieson Chewable Vita Vim
- JuicePlus+ Garden Blend
- Julian Whitaker, M.D., Forward Power
- Kirkland Mature Multi Adult 50+ (Costco)
- Kroger Complete Ultra Women's Health
- Life Extension Two Per Day
- Melaleuca Vitality
- Member's Mark Mature Multi (Sam's Club)
- Metagenics Multigenics Chewable
- Mountain Home Daily Advantage
- Natrol My Favorite Multi
- Natural Factors MultiFactors Women's
- Nature Made Multi for Her 50+
- Nature's Bounty Ultra Man
- Nature's Plus Animal Parade Children's Chewable
- Nature's Way Alive! Daily Energy Multi
- Nature's Way Alive! Once Daily Men's Ultra Potency
- NOW Adam Superior Men's Multi
- Nutralite Double X
- One-A-Day Men's Health Formula
- One-A-Day Women's
- Pet-Tabs Complete
- Pharmanex LifePak Anti-Aging
- Pure Encapsulations Nutrient 950
- Puritan's Pride High Potency Ultra Vita Man
- Rainbow Light Cert Organics Women's Multivitamin
- Rite Aid Prenatal
- Schiff Single Day
- Shaklee Vita-Lea
- Solaray Women's Golden
- Solgar Formula V VM-75
- Stuart Prenatal
- Thorne Research Basic Prenatal
- Trader Joe's Vitamin Crusade High Potency
- USANA Essentials
- Vitamin Shoppe Ultimate Women Gold
- Vitamin World Ultra Man
- Walgreens One Daily for Women
- WEIL, Andrew Weil, M.D., Daily Multivitamin
- Whole Foods Women's Food Based Multi
- 21st Century Pet Chews
- PetGuard

Make sure the multivitamin you take passed our test and is best for you!

Isn't your health worth it?

If you're worried that you don't get enough nutrients from your diet, you might want to hedge your bets with a multivitamin. But what's really in that pill, powder, or liquid? If you're not careful, you might not get what you bargained for. In its latest review and quality rating of multivitamins, ConsumerLab.com found defects in over 30% of multivitamins selected for review. Here are some of the discoveries:

- One popular **general** multivitamin contained almost twice as much vitamin A as its label claimed.
- One **seniors'** multivitamin contained less than 2% of its claimed beta carotene.
- One **general** multivitamin was missing 25% of its calcium.
- A **seniors'**, a **men's**, and even a **pet** multivitamin all fell short of their claimed levels of vitamin A.
- One **pet** multivitamin was contaminated with lead.
- A **children's** chewable multivitamin contained more than the upper tolerable limit of niacin, and a kids' gummy exceeded the limits for both vitamin A and zinc.