

CERTIFICATE OF ANALYSIS 350904

Client Details

Client	Superfoods Australia
Attention	Daniel Scheuch
Address	77-79 Bassett St, Mona Vale, NSW, 2103

Sample Details

Your Reference	<u>Superfoods Australia Shilajit Lab testing</u>
Number of Samples	3 Resin
Date samples received	10/05/2024
Date completed instructions received	10/05/2024

Analysis Details

Please refer to the following pages for results, methodology summary and quality control data.
 Samples were analysed as received from the client. Results relate specifically to the samples as received.
 Results are reported on a dry weight basis for solids and on an as received basis for other matrices.
Please refer to the last page of this report for any comments relating to the results.

Report Details

Date results requested by	17/05/2024
Date of Issue	17/05/2024
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Results Approved By

Loren Bardwell, Development Chemist
 Priya Samarawickrama, Senior Chemist

Authorised By

Nancy Zhang, Laboratory Manager

Client Reference: Superfoods Australia Shilajit Lab testing

Acid Extractable metals in soil				
Our Reference		350904-1	350904-2	350904-3
Your Reference	UNITS	Shilajit Resin Himalayan Gold	Shilajit Resin Nepalese Gold	Shilajit Resin Altai Gold
Date Sampled		09/05/2024	09/05/2024	09/05/2024
Type of sample		Resin	Resin	Resin
Date prepared	-	17/05/2024	17/05/2024	17/05/2024
Date analysed	-	17/05/2024	17/05/2024	17/05/2024
Arsenic	mg/kg	<4	<4	<4
Barium	mg/kg	8	9	19
Beryllium	mg/kg	<1	<1	<1
Boron	mg/kg	100	100	100
Cadmium	mg/kg	<0.4	<0.4	<0.4
Chromium	mg/kg	<1	6	1
Cobalt	mg/kg	<1	1	<1
Copper	mg/kg	1	5	10
Lead	mg/kg	<1	<1	1
Manganese	mg/kg	25	52	99
Mercury	mg/kg	<0.1	<0.1	<0.1
Molybdenum	mg/kg	3	2	2
Nickel	mg/kg	2	6	3
Selenium	mg/kg	<5	<5	<5
Silver	mg/kg	<1	<1	<1
Tin	mg/kg	<2	<2	<2
Zinc	mg/kg	3	16	29

Client Reference: Superfoods Australia Shilajit Lab testing

Acid Extractable Cations in Soil				
Our Reference		350904-1	350904-2	350904-3
Your Reference	UNITS	Shilajit Resin Himalayan Gold	Shilajit Resin Nepalese Gold	Shilajit Resin Altai Gold
Date Sampled		09/05/2024	09/05/2024	09/05/2024
Type of sample		Resin	Resin	Resin
Date prepared	-	17/05/2024	17/05/2024	17/05/2024
Date analysed	-	17/05/2024	17/05/2024	17/05/2024
Calcium	mg/kg	21,000	19,000	21,000
Potassium	mg/kg	74,000	67,000	61,000
Magnesium	mg/kg	15,000	15,000	9,300
Sodium	mg/kg	2,900	2,200	640

Client Reference: Superfoods Australia Shilajit Lab testing

Misc Inorg - Soil				
Our Reference		350904-1	350904-2	350904-3
Your Reference	UNITS	Shilajit Resin Himalayan Gold	Shilajit Resin Nepalese Gold	Shilajit Resin Altai Gold
Date Sampled		09/05/2024	09/05/2024	09/05/2024
Type of sample		Resin	Resin	Resin
Date prepared	-	13/05/2024	13/05/2024	13/05/2024
Date analysed	-	13/05/2024	13/05/2024	13/05/2024
Total Organic Carbon in soil/solids	mg/kg	320,000	280,000	250,000

Client Reference: Superfoods Australia Shilajit Lab testing

Method ID	Methodology Summary
INORG-137	Total Carbon Nitrogen Sulfur by high temperature catalytic combustion with IR detection.
Metals-020	Determination of various metals by ICP-AES.
Metals-021	Determination of Mercury by Cold Vapour AAS.

Client Reference: Superfoods Australia Shilajit Lab testing

QUALITY CONTROL: Acid Extractable metals in soil				Duplicate				Spike Recovery %		
Test Description	Units	PQL	Method	Blank	#	Base	Dup.	RPD	LCS-1	[NT]
Date prepared	-			17/05/2024	[NT]	[NT]	[NT]	[NT]	17/05/2024	[NT]
Date analysed	-			17/05/2024	[NT]	[NT]	[NT]	[NT]	17/05/2024	[NT]
Arsenic	mg/kg	4	Metals-020	<4	[NT]	[NT]	[NT]	[NT]	123	[NT]
Barium	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	123	[NT]
Beryllium	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	124	[NT]
Boron	mg/kg	10	Metals-020	<10	[NT]	[NT]	[NT]	[NT]	125	[NT]
Cadmium	mg/kg	0.4	Metals-020	<0.4	[NT]	[NT]	[NT]	[NT]	120	[NT]
Chromium	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	122	[NT]
Cobalt	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	124	[NT]
Copper	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	121	[NT]
Lead	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	117	[NT]
Manganese	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	124	[NT]
Mercury	mg/kg	0.1	Metals-021	<0.1	[NT]	[NT]	[NT]	[NT]	101	[NT]
Molybdenum	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	126	[NT]
Nickel	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	121	[NT]
Selenium	mg/kg	2	Metals-020	<2	[NT]	[NT]	[NT]	[NT]	118	[NT]
Silver	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	128	[NT]
Tin	mg/kg	2	Metals-020	<2	[NT]	[NT]	[NT]	[NT]	119	[NT]
Zinc	mg/kg	1	Metals-020	<1	[NT]	[NT]	[NT]	[NT]	123	[NT]

Client Reference: Superfoods Australia Shilajit Lab testing

QUALITY CONTROL: Acid Extractable Cations in Soil				Duplicate				Spike Recovery %		
Test Description	Units	PQL	Method	Blank	#	Base	Dup.	RPD	LCS-1	[NT]
Date prepared	-			17/05/2024	[NT]	[NT]	[NT]	[NT]	17/05/2024	[NT]
Date analysed	-			17/05/2024	[NT]	[NT]	[NT]	[NT]	17/05/2024	[NT]
Calcium	mg/kg	10	Metals-020	<10	[NT]	[NT]	[NT]	[NT]	128	[NT]
Potassium	mg/kg	10	Metals-020	<10	[NT]	[NT]	[NT]	[NT]	107	[NT]
Magnesium	mg/kg	10	Metals-020	<10	[NT]	[NT]	[NT]	[NT]	126	[NT]
Sodium	mg/kg	10	Metals-020	<10	[NT]	[NT]	[NT]	[NT]	108	[NT]

Client Reference: Superfoods Australia Shilajit Lab testing

QUALITY CONTROL: Misc Inorg - Soil				Duplicate				Spike Recovery %		
Test Description	Units	PQL	Method	Blank	#	Base	Dup.	RPD	LCS-1	[NT]
Date prepared	-			13/05/2024	[NT]	[NT]	[NT]	[NT]	13/05/2024	[NT]
Date analysed	-			13/05/2024	[NT]	[NT]	[NT]	[NT]	13/05/2024	[NT]
Total Organic Carbon in soil/solids	mg/kg	100	INORG-137	<100	[NT]	[NT]	[NT]	[NT]	98	[NT]

Result Definitions

NT	Not tested
NA	Test not required
INS	Insufficient sample for this test
PQL	Practical Quantitation Limit
<	Less than
>	Greater than
RPD	Relative Percent Difference
LCS	Laboratory Control Sample
NS	Not specified
NEPM	National Environmental Protection Measure
NR	Not Reported

Quality Control Definitions

Blank	This is the component of the analytical signal which is not derived from the sample but from reagents, glassware etc, can be determined by processing solvents and reagents in exactly the same manner as for samples.
Duplicate	This is the complete duplicate analysis of a sample from the process batch. If possible, the sample selected should be one where the analyte concentration is easily measurable.
Matrix Spike	A portion of the sample is spiked with a known concentration of target analyte. The purpose of the matrix spike is to monitor the performance of the analytical method used and to determine whether matrix interferences exist.
LCS (Laboratory Control Sample)	This comprises either a standard reference material or a control matrix (such as a blank sand or water) fortified with analytes representative of the analyte class. It is simply a check sample.
Surrogate Spike	Surrogates are known additions to each sample, blank, matrix spike and LCS in a batch, of compounds which are similar to the analyte of interest, however are not expected to be found in real samples.
Australian Drinking Water Guidelines recommend that Thermotolerant Coliform, Faecal Enterococci, & E.Coli levels are less than 1cfu/100mL. The recommended maximums are taken from "Australian Drinking Water Guidelines", published by NHMRC & ARMC 2011.	
The recommended maximums for analytes in urine are taken from "2018 TLVs and BEIs", as published by ACGIH (where available). Limit provided for Nickel is a precautionary guideline as per Position Paper prepared by AIOH Exposure Standards Committee, 2016.	
Guideline limits for Rinse Water Quality reported as per analytical requirements and specifications of AS 4187, Amdt 2 2019, Table 7.2	

Laboratory Acceptance Criteria

Duplicate sample and matrix spike recoveries may not be reported on smaller jobs, however, were analysed at a frequency to meet or exceed NEPM requirements. All samples are tested in batches of 20. The duplicate sample RPD and matrix spike recoveries for the batch were within the laboratory acceptance criteria.

Filters, swabs, wipes, tubes and badges will not have duplicate data as the whole sample is generally extracted during sample extraction.

Spikes for Physical and Aggregate Tests are not applicable.

For VOCs in water samples, three vials are required for duplicate or spike analysis.

Duplicates: >10xPQL - RPD acceptance criteria will vary depending on the analytes and the analytical techniques but is typically in the range 20%-50% – see ELN-P05 QA/QC tables for details; <10xPQL - RPD are higher as the results approach PQL and the estimated measurement uncertainty will statistically increase.

Matrix Spikes, LCS and Surrogate recoveries: Generally 70-130% for inorganics/metals (not SPOCAS); 60-140% for organics/SPOCAS (+/-50% surrogates) and 10-140% for labile SVOCs (including labile surrogates), ultra trace organics and speciated phenols is acceptable.

In circumstances where no duplicate and/or sample spike has been reported at 1 in 10 and/or 1 in 20 samples respectively, the sample volume submitted was insufficient in order to satisfy laboratory QA/QC protocols.

When samples are received where certain analytes are outside of recommended technical holding times (THTs), the analysis has proceeded. Where analytes are on the verge of breaching THTs, every effort will be made to analyse within the THT or as soon as practicable.

Where sampling dates are not provided, Envirolab are not in a position to comment on the validity of the analysis where recommended technical holding times may have been breached.

Where matrix spike recoveries fall below the lower limit of the acceptance criteria (e.g. for non-labile or standard Organics <60%), positive result(s) in the parent sample will subsequently have a higher than typical estimated uncertainty (MU estimates supplied on request) and in these circumstances the sample result is likely biased significantly low.

Measurement Uncertainty estimates are available for most tests upon request.

Analysis of aqueous samples typically involves the extraction/digestion and/or analysis of the liquid phase only (i.e. NOT any settled sediment phase but inclusive of suspended particles if present), unless stipulated on the Envirolab COC and/or by correspondence. Notable exceptions include certain Physical Tests (pH/EC/BOD/COD/Apparent Colour etc.), Solids testing, total recoverable metals and PFAS where solids are included by default.

Samples for Microbiological analysis (not Amoeba forms) received outside of the 2-8°C temperature range do not meet the ideal cooling conditions as stated in AS2031-2012.

Report Comments

Acid Extractable Metals in Solid:

- The results are reported on the sample as received i.e. no moisture correction has been applied
- The PQL for Se has been raised due to the nature of the samples, which required digestion with a higher than routine dilution factor.