



## CERTIFICATE OF ANALYSIS

PRODUCT NAME/DESCRIPTION:	Creatine
FINISHED LOT NUMBER:	23032901
EXPIRATION DATE:	04/2025
SERVING SIZE:	7 capsules

## ASSAY (ACTIVE INGREDIENTS)

ANALYTE	SPECIFICATION (PER SERVING SIZE)	TEST METHOD	RESULT
Creatine Monohydrate	NLT 5000 mg (100% - 125%)	HPLC	5113 mg

## DESCRIPTION

TEST NAME	SPECIFICATION	METHOD	RESULT
Appearance / Color / Texture	Clear capsule containing white powder	Organoleptic	Conforms
Fill Weight	850 mg - 930 mg /capsule	Average	872 mg


## MICROBIAL REQUIREMENTS

TEST NAME	SPECIFICATION	METHOD	RESULT
Total Aerobic Plate Count	< 10,000 CFU / g	USP <2021>	Complies
Combined Total Yeast & Mold	< 1,000 CFU / g	USP <2021>	Complies
<i>Escherichia coli</i>	Absence in 10 g	USP <2022>	Negative
<i>Salmonella spp.</i>	Absence in 10 g	USP <2022>	Negative
<i>Staphylococcus aureus</i>	Absence in 10 g	USP <2022>	Negative



### HEAVY METALS LIMITS

TEST NAME	SPECIFICATION	METHOD	RESULT
Arsenic	< 10 mcg/daily dose	ICP-MS	Complies
Cadmium	< 4.1 mcg/daily dose	ICP-MS	Complies
Lead	< 0.5 mcg/daily dose	ICP-MS	Complies
Mercury	< 0.3 mcg/daily dose	ICP-MS	Complies

	<b>Authorized By</b>	
	<b>Name (printed)</b>	Jason Bollinger
	<b>Title</b>	QA Manager
	<b>Date (MM/YYYY)</b>	06/2023