



Finished Product Recertification

QMS-FRM-038, Revision A, Effective Date: 07/01/2023, Process Owner: Quality Department

Customer Name:	Life After Fifty
Product Name:	Lean & Clean Vegan Protein (Vanilla)
Lot #:	2107105
Date of Manufacturing:	7/21/2021
Date of Retest:	1/19/2024
Expiry Date:	1/19/2026
Product Form:	Powder

Formula:

(By Method of Input)

Ingredients	Amount Per Serving/Capsule (mg)		Method
	Specification (mg) (+/- 10%)	Result (mg)	
Protein	13500 - 16500	15,000	Input*
Vitamin A (as Palmitate)	0.27 - 0.33	0.3	Input*
Vitamin B6 (as Pyridoxine HCl)	0.9 - 1.1	1	Input*
Vitamin B12 (as Methylcobalamin)	0.00135 - 0.00165	0.0015	Input*
Vitamin D3 (as Cholecalciferol)	0.009 - 0.011	0.01	Input*
Vitamin E (as d-Alpha Tocopherol)	7.2 - 8.8	8	Input*
Vitamin K2 (as Menatetrenone 7 (1%))	0.045 - 0.055	0.05	Input*
Calcium (as Calcium Carbonate)	422.1 - 515.9	469	Input*
Iron (as Ferrous Fumarate)	5.346 - 6.534	5.94	Input*
Magnesium (as Magnesium Oxide)	162 - 198.	180	Input*
Zinc (as Zinc Gluconate)	2.7 - 3.3	3	Input*
Selenium (as Selenium Citrate)	0.027 - 0.033	0.03	Input*
Manganese (as Manganese Amino Acid Chelate)	0.9 - 1.1	1	Input*
Potassium (as Potassium Citrate)	900 - 1100	1000	Input*
Other Ingredients: Organic Pea Protein, Psyllium Husk Powder (seed), Natural Flavors, Sweetly Stevia, Xanthan Gum, Silicon Dioxide, StevioPure	N/A	N/A	N/A

*Method as per Manufacturing Operations and Responsibilities of the Quality Department (QMS-SOP-002 and QMS-SOP-009)

Quantitative Testing:

*** (Results provided by ISO/IEC 17025 accredited laboratory)

Analyte	Specification Range	Method	Result**	UOM
Protein	13.5 - 16.5	GL-543 Crude Protein Analysis by Dumas Combustion Method	15.1	g/serving

Microbiological Testing:

*** (Results provided by ISO/IEC 17025 accredited laboratory)

Botanical Extract	Daane Labs Test Method	Specification	Result***
Total Aerobic Plate Count	AOAC 990.12**	<10,000 cfu/g	630 cfu/g
Total Yeast and Mold	AOAC 2014.05**	<1,000 cfu/g	<10 cfu/g
Coliforms	AOAC 991.14**	<100 cfu/g	<10 cfu/g
<i>Staphylococcus aureus</i>	AOAC-RI 100503**	Negative in 10g	Negative
<i>Salmonella</i>	AOAC 020502**	Negative in 10g	Negative
<i>Escherichia Coli</i>	AOAC-RI 050601**	Negative in 10g	Negative

**Test is accredited under subcontracted laboratory's ISO 17025 accreditation

Report Prepared By: Nutracap Holdings LLC



Report Approved By:

Cameron Banister

Quality Manager

01/22/2024

Sign

Print

Title

Date

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Finished Product Recertification

QMS-FRM-038, Revision A, Effective Date: 07/01/2023, Process Owner: Quality Department

Customer Name:	Life After Fifty
Product Name:	Lean & Clean Vegan Protein (Chocolate)
Lot #:	2107265
Date of Manufacturing:	8/6/2021
Date of Retest:	1/19/2024
Expiry Date:	1/19/2026
Product Form:	Powder

Formula:

(By Method of Input)

Ingredients	Amount Per Serving/Capsule (mg)		Method
	Specification (mg) (+/- 10%)	Result (mg)	
Protein	13950 - 17050	15,500	Input*
Vitamin A (as Palmitate)	0.27 - 0.33	0.3	Input*
Vitamin B6 (as Pyridoxine HCl)	0.9 - 1.1	1	Input*
Vitamin B12 (as Methylcobalamin)	0.00135 - 0.00165	0.0015	Input*
Vitamin D3 (as Cholecalciferol)	0.009 - 0.011	0.01	Input*
Vitamin E (as d-Alpha Tocopherol)	7.2 - 8.8	8	Input*
Vitamin K2 (as Menatetrenone 7 (1%))	0.045 - 0.055	0.05	Input*
Calcium (as Calcium Carbonate)	422.1 - 515.9	469	Input*
Iron (as Ferrous Fumarate)	5.346 - 6.534	5.94	Input*
Magnesium (as Magnesium Oxide)	162 - 198.	180	Input*
Zinc (as Zinc Gluconate)	2.7 - 3.3	3	Input*
Selenium (as Selenium Citrate)	0.027 - 0.033	0.03	Input*
Manganese (as Manganese Amino Acid Chelate)	0.9 - 1.1	1	Input*
Potassium (as Potassium Citrate)	960.3 - 1173.7	1067	Input*
Other Ingredients: Organic Pea Protein, Psyllium Husk Powder (seed), Natural Flavors, Sweetly Stevia, Cocoa powder, Xanthan Gum, Silicon Dioxide, StevioPure	N/A	N/A	N/A

*Method as per Manufacturing Operations and Responsibilities of the Quality Department (QMS-SOP-002 and QMS-SOP-009)

Quantitative Testing:

*** (Results provided by ISO/IEC 17025 accredited laboratory)

Analyte	Specification Range	Method	Result**	UOM
Protein	14.0 - 17.1g	GL-543 Crude Protein Analysis by Dumas Combustion Method	16	g/serving

Microbiological Testing:

*** (Results provided by ISO/IEC 17025 accredited laboratory)

Botanical Powder	Daane Labs Test Method	Specification	Result***
Total Aerobic Plate Count	AOAC 990.12**	<10,000,000 cfu/g	710 cfu/g
Total Yeast and Mold	AOAC 2014.05**	<100,000 cfu/g	<10 cfu/g
Coliforms	AOAC 991.14**	<10,000 cfu/g	<10 cfu/g
<i>Staphylococcus aureus</i>	AOAC-RI 100503**	Negative in 10g	Negative
<i>Salmonella</i>	AOAC 020502**	Negative in 10g	Negative
<i>Escherichia Coli</i>	AOAC-RI 050601**	Negative in 10g	Negative

**Test is accredited under subcontracted laboratory's ISO 17025 accreditation

Report Prepared By: Nutracap Holdings LLC



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Cameron Banister

Quality Manager

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