

**Eurofins Sample Code:** 464-2019-10240648  
**Sample Description:** 45MG of Iron Lot#909007, ss=1 capsule  
**Client Sample Code:** New Sample  
**PO Number:** 45MG of Iron Lot#909007  
**Client Code:** QD0007527

**Entry Date:** 10/24/2019  
**Reporting Date:** 11/07/2019

ProCare Health  
 Attn: Mr Nick Wiegand  
 205 Stag Industrial Blvd.  
 Lake St. Louis, MO 63367

**Sample Reference:** Lot#909007

## CERTIFICATE OF ANALYSIS

AR-19-QD-183258-01

| Test  | As Is Basis     | Per Serving      | Theoretical Level            |
|---|-----------------|------------------|------------------------------|
| <b>QD273 - Serving Size by Content Weight</b> |                 |                  | <b>Completed: 10/24/2019</b> |
| calculation                                   |                 |                  |                              |
| Content Weight                                | 0.8167 g        | 0.8167 g         |                              |
| Units per Serving                             | 1               | 1                | 1                            |
| Serving Size                                  | 0.82 g          | 0.82 g           | 1 capsule/serving            |
| <b>QD058 - Copper by ICP</b>                  |                 |                  | <b>Completed: 10/29/2019</b> |
| AOAC 984.27, 927.02, 985.01, 965.17 mod       |                 |                  |                              |
| * Copper                                      | 240 mg/100 g    | 1.9 mg/Serving   | 2 mg/serving                 |
| <b>QD107 - Iron by ICP</b>                    |                 |                  | <b>Completed: 10/29/2019</b> |
| AOAC 984.27, 927.02, 985.01, 965.17 mod       |                 |                  |                              |
| * Iron  | 5,600 mg/100 g  | 46 mg/Serving    | 45 mg/serving                |
| <b>QD115 - Magnesium by ICP</b>               |                 |                  | <b>Completed: 11/04/2019</b> |
| AOAC 984.27, 927.02, 985.01, 965.17 mod       |                 |                  |                              |
| * Magnesium                                   | 11,000 mg/100 g | 92 mg/Serving    | 100 mg/serving               |
| <b>QD117 - Manganese by ICP</b>               |                 |                  | <b>Completed: 10/29/2019</b> |
| AOAC 984.27, 927.02, 985.01, 965.17 mod       |                 |                  |                              |
| * Manganese                                   | 320 mg/100 g    | 2.6 mg/Serving   | 2 mg/serving                 |
| <b>QD249 - Zinc by ICP</b>                    |                 |                  | <b>Completed: 10/29/2019</b> |
| AOAC 984.27, 927.02, 985.01, 965.17 mod       |                 |                  |                              |
| * Zinc  | 1,900 mg/100 g  | 16 mg/Serving    | 16 mg/serving                |
| <b>QA0A4 - Iodine (ICP-MS)</b>                |                 |                  | <b>Completed: 11/01/2019</b> |
| AOAC 2012.15                                  |                 |                  |                              |
| Iodine (I)                                    | 25.0 mg/100 g   | 0.204 mg/Serving |                              |
| <b>QD0K2 - Chromium (Mwd-ICP-MS)</b>          |                 |                  | <b>Completed: 10/28/2019</b> |
| AOAC 2011.19 mod.                             |                 |                  |                              |
| * Chromium (Cr)                               | 169 ppm         | 0.138 mg/Serving |                              |

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| <b>QD0K1 - Molybdenum (Mwd-ICP-MS) Completed: 10/28/2019</b>                    |                       |                       |                     |
| AOAC 2011.19 mod.<br>* Molybdenum   | 152 ppm               | 0.124 mg/Serving      |                     |
| <b>QD0K0 - Selenium (Mwd-ICP-MS) Completed: 10/25/2019</b>                      |                       |                       |                     |
| AOAC 2011.19 mod.<br>* Selenium (Se)  | 199 ppm               | 0.162 mg/Serving      |                     |
| <b>QQ182 - Total Vitamin A Completed: 10/30/2019</b>                            |                       |                       |                     |
| AOAC 974.29 Mod.<br>* $\beta$ -carotene   | 86,900 IU/100 g       | 710 IU/Serving        | n/a iu/serving      |
| * Retinol   | 1,080,000 IU/100 g    | 8,810 IU/Serving      | n/a iu/serving      |
| * Total Vitamin A   | 1,170,000 IU/100 g    | 9,530 IU/Serving      | 10,000 iu/serving   |
| <b>QQ023 - Biotin (USP) Completed: 10/31/2019</b>                               |                       |                       |                     |
| USP<br>Biotin-USP   | 66,000 $\mu$ g/100 g  | 539 $\mu$ g/Serving   | 600 $\mu$ g/serving |
| <b>QQ060 - Folic Acid (USP) Completed: 10/28/2019</b>                           |                       |                       |                     |
| USP<br>Folic Acid - USP   | 123,000 $\mu$ g/100 g | 1,000 $\mu$ g/Serving | 800 $\mu$ g/serving |
| <b>QQ086 - Vitamin B3 - Niacin (USP) Completed: 10/30/2019</b>                  |                       |                       |                     |
| USP<br>Niacin - USP   | 295 mg/100 g          | 2.41 mg/Serving       | n/a mg/serving      |
| Niacinamide - USP   | 5,540 mg/100 g        | 45.2 mg/Serving       | 40 mg/serving       |
| <b>QQ157 - Vit B5 Pantothenic Acid (USP) Completed: 10/31/2019</b>              |                       |                       |                     |
| USP<br>Pantothenic acid - USP   | 2,160 mg/100 g        | 17.7 mg/Serving       | 20 mg/serving       |
| <b>QQ150 - Vitamin B1-Thiamine HCl (USP) Completed: 10/30/2019</b>              |                       |                       |                     |
| USP<br>Vitamin B1 - Thiamine Hydrochloride - USP                                | 3,070 mg/100 g        | 25.1 mg/Serving       | 20 mg/serving       |
| <b>QQ155 - Vitamin B2 - Riboflavin (USP) Completed: 10/30/2019</b>              |                       |                       |                     |
| USP<br>Vitamin B2 - Riboflavin - USP  | 1,470 mg/100 g        | 12.0 mg/Serving       | 12 mg/serving       |
| <b>QQ159 - Vitamin B6 - Pyridoxine (USP) Completed: 10/30/2019</b>              |                       |                       |                     |
| USP<br>Vitamin B6 (pyridoxine) - USP  | 1,300 mg/100 g        | 10.7 mg/Serving       | 12 mg/serving       |
| <b>QQ160 - Vitamin C - Ascorbic Acid - AOAC Completed: 10/28/2019</b>           |                       |                       |                     |
| AOAC 967.22 mod.<br>* Vitamin C - Ascorbic Acid                                 | 12,400 mg/100 g       | 101 mg/Serving        | 130 mg/serving      |
| <b>QD0EK - Vitamin D (LC-MS/MS) Completed: 10/31/2019</b>                       |                       |                       |                     |
| Huang et al., Rapid Commun. Mass Spectrum 2014, 28<br>* Total Vitamin D2 and D3 | 377,000 IU/100 g      | 3,080 IU/Serving      | 3,000 iu/serving    |
| * Vitamin D2  | <99.7 IU/100 g        | <0.815 IU/Serving     |                     |
| * Vitamin D3  | 377,000 IU/100 g      | 3,080 IU/Serving      |                     |

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|--|-----------------------|------------------------------|-------------------|
| <b>QD0GI - Vitamin E - Tocopherol Profile</b>        |                       | <b>Completed: 11/01/2019</b> |                   |
| AOAC 971.30 with HPLC quantification mod.            |                       |                              |                   |
| * Vitamin E Profile                                  | Reported As           | Reported As                  |                   |
|  | D-Tocopherol mg/100 g | D-Tocopherol mg/100 g        |                   |
| * Alpha- Tocopherol                                  | 4,980 mg/100 g        | 40.7 mg/Serving              |                   |
| * Beta-Tocopherol                                    | <4.99 mg/100 g        | <0.0408 mg/Serving           |                   |
| * Gamma-Tocopherol                                   | 16.5 mg/100 g         | 0.135 mg/Serving             |                   |
| * Delta-Tocopherol                                   | 5.62 mg/100 g         | 0.0459 mg/Serving            |                   |
| * Total Tocopherols                                  | 5,000 mg/100 g        | 40.9 mg/Serving              |                   |
| <b>KK796 - Vitamin B12 - Methylcobalamin by HPLC</b> |                       | <b>Completed: 10/31/2019</b> |                   |
| Internal Method                                      |                       |                              |                   |
| Methylcobalamin                                      | 0.111 % (w/w)         | 0.000907 g/Serving           |                   |
| <b>YI001 - Vitamin K Profile Detection</b>           |                       | <b>Completed: 11/07/2019</b> |                   |
| AOAC 999.15, mod.                                    |                       |                              |                   |
| Phylloquinone (Vitamin K1)                           | 119 µg/g              | 97.1873 µg/Serving           |                   |
| Menaquinone-4 (MK-4)(Vitamin K2)                     | ND µg/g               | ND µg/g                      |                   |
| <i>ND = Not Detected</i>                             |                       |                              |                   |
| trans-Menaquinone-7 (MK-7)(Vitamin K2)               | ND µg/g               | ND µg/g                      |                   |

*\*The test result is covered by our current A2LA accreditation.*

Respectfully Submitted,  
 Eurofins Scientific Inc.



David Gross

Support Services Manager

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