

Certificate of Analysis



Company	Alkaline for Life
Product Name	Mind + Mood
Bulk Prod #	ILPE004B
Lot Number	222723
Manufacture Date	Dec-22
Best if Used By	Dec-24

Physical specifications (Composition/ID)

Parameter	Specification	Result	Method
Appearance	White Powder in "00" V-Capsules	Complies	Organoleptic
Identification	Meets Standard	Complies	COQCL-00005
Average Weight	950 mg/Cap \pm 10%	972 mg/Cap	SOP-SSIL-000003
Weight Variation	No capsule exceeds \pm 10% of the average weight	Complies	SOP-SSIL-000003
Disintegration	NMT 45 Minutes	8 Minutes	SOP-SSIL-000004/DT

Heavy Metal Specifications (Contamination)

Test Description	Specification	Result	Method
Arsenic	NMT 15	<15	USP
Cadmium	NMT 5	<5	USP
Mercury	NMT 15	<15	USP
Lead	NMT 5	<5	USP

Packaging Microbiological Specifications (Contamination)

Microbiology:	Specification/Each Capsule Contains	Result	Method
Total Aerobic Plate Count	NMT 10,000 cfu/g	< 10,000 cfu/g	BioLumix
Total Yeast and Mold	NMT 1,000 cfu/g	< 1,000 cfu/g	BioLumix
<i>E. coli</i>	Absence in 10g	Absent	BioLumix
<i>Salmonella</i>	Absence in 10g	Absent	BioLumix
<i>Staphylococcus aureus</i>	Absence in 10g	Absent	BioLumix

Component Specifications by Input (Composition/Purity)

Active Ingredients	Specification/Each Capsule Contains	Result	Method
Magnesium (as aspartate & C16 and C18 alkyls)	12.5 mg	Complies	ICP-MS
L-methionine (free)	250 mg	274 mg	HPLC
Glycine (free)	250 mg	272 mg	HPLC
L-aspartate (as magnesium)	250 mg	Complies	COTP-EURO
Vegetable fiber (organic croscarmellose)	50 mg	Complies	COQU-000009
Kosher gelatin capsules	117 mg	Complies	COQU-000009

This product has been manufactured in accordance with the master formulation number listed above and in full compliance with cGMP requirements or their equivalent. The batch processing, packaging and analysis records were reviewed and found to be in compliance with cGMP.