

Product Code:	M147	Ship To:	Momentous
Product:	Iron + Vit B Complex		
Mfg Lot #:	503-1024	Pkg Lot #:	0194E5
Manufacture Date:	28-MAR-2025	Expiration Date:	03/2027

Physical Specifications:

Description/Color: Greyish green powder fill in clear capsule

Shape/Size: #1 capsule / 0.765" x 0.272"

Physical Testing	Specification	Result	Method	Reference
Appearance	Greyish green powder fill in clear capsule	Greyish green powder fill in clear capsule	Visual	A25041501
Average Capsule Weight	Report Only	0.508 g	USP <2091>	A25041501

Each (1) capsule contains:

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Vitamin C (as ascorbic acid) (Quali®-C)	50 mg	50.00 - 75.00 mg	64.78 mg	21-Apr-2025	UPLC 210	1344/21
Thiamin (as thiamin HCl)	1.4 mg	1.4 mg	1.4 mg	27-Jun-2025	BOVMTDPC	
Riboflavin	1.4 mg	1.4 mg	1.4 mg	27-Jun-2025	BOVMTDPC	
Niacin (as niacinamide)	18 mg	18 mg	18 mg	27-Jun-2025	BOVMTDPC	
Vitamin B6 (as pyridoxine HCl)	1.9 mg	1.9 mg	1.9 mg	27-Jun-2025	BOVMTDPC	
Folate (as calcium L-5-methyltetrahydrofolate)	600 mcg DFE	600 mcg DFE	600 mcg DFE	27-Jun-2025	BOVMTDPC	
Vitamin B12 (as methylcobalamin)	6 mcg	6 mcg	6 mcg	27-Jun-2025	BOVMTDPC	
Biotin	30 mcg	30.00 - 45.00 mcg	38.46 mcg	22-Apr-2025	UPLC 217	1328/68
Pantothenic acid (as D-calcium pantothenate)	6 mg	6 mg	6 mg	27-Jun-2025	BOVMTDPC	
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	25 mg	25.0 - 31.3 mg	29.1 mg	23-Apr-2025	ICP-MS 231	1308/143

Heavy Metals*

Arsenic	Report Only	0.035 mcg/day	01-May-2025	ICP-MS (SGS)	1299/56
Lead	Report Only	<0.005 mcg/day	01-May-2025	ICP-MS (SGS)	1299/56
Cadmium	Report Only	<0.005 mcg/day	01-May-2025	ICP-MS (SGS)	1299/56
Mercury	Report Only	<0.005 mcg/day	01-May-2025	ICP-MS (SGS)	1299/56

* Heavy Metals results are based on a daily dose of (1) capsule

Allergens

Gluten	<20.0 ppm	<20.0 ppm	27-Jun-2025	VQ 266	1324/82
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Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	<10,000 CFU/g	24-Jun-2025	USP <2021>	M25061917
Yeast and Mold	NMT 1,000 CFU/g	<1,000 CFU/g	24-Jun-2025	USP <2021>	M25061917
Salmonella	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061917
E. coli	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061917
S. aureus	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061917