

Product Code:	M147	Ship To:	Momentous
Product:	Iron + Vit B Complex		
Mfg Lot #:	505-0397	Pkg Lot #:	0194E5A
Manufacture Date:	13-MAY-2025	Expiration Date:	05/2027

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	A25052300
Average Capsule Weight	Report Only	0.489 g	USP <2091>	A25052300

Each (1) capsule contains:

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Vitamin C (as ascorbic acid) (Quali®-C)	50 mg	50 mg	50 mg	27-Jun-2025	BOVMTDPC	
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	600.00 - 900.00 mcg DFE	845.53 mcg DFE	23-May-2025	HPLC 206	1341/68
Vitamin B12 (as methylcobalamin)	6 mcg	6.0 - 9.0 mcg	6.8 mcg	06-Jun-2025	SAM 02062 (HPLC-UV) (Intertek)	1299/67
Biotin	30 mcg	30 mcg	30 mcg	27-Jun-2025	BOVMTDPC	
Pantothenic acid (as D-calcium pantothenate)	6 mg	6.00 - 9.00 mg	6.91 mg	22-May-2025	UPLC 215	1332/43
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	25 mg	25 mg	25 mg	27-Jun-2025	BOVMTDPC	

Heavy Metals*

Arsenic	Report Only	0.033 mcg/day	05-Jun-2025	ICP-MS (SGS)	1299/67
Lead	Report Only	0.006 mcg/day	05-Jun-2025	ICP-MS (SGS)	1299/67
Cadmium	Report Only	<0.005 mcg/day	05-Jun-2025	ICP-MS (SGS)	1299/67
Mercury	Report Only	<0.005 mcg/day	05-Jun-2025	ICP-MS (SGS)	1299/67

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

Allergens

Gluten	<20.0 ppm	<20.0 ppm	26-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>	M25061922
Yeast and Mold	NMT 1,000 CFU/g	<1,000 CFU/g	24-Jun-2025	USP <2021>	M25061922
Salmonella	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061922
E. coli	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061922
S. aureus	Absent/10g	Absent/10g	24-Jun-2025	USP <2022>	M25061922