

Product Code:	M147	Ship To:	Momentous
Product:	Iron + Vit B Complex		
Mfg Lot #:	603-0036	Pkg Lot #:	0200B6
Manufacture Date:	03-MAR-2026	Expiration Date:	03/2028

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	A2603-0320
Average Capsule Weight	Report Only	0.504 g	USP <2091>	A2603-0320

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	13-Apr-2026	BOVMTDPC	Not Applicable
Thiamin (as thiamin HCl)	1.4 mg	1.4 mg	1.4 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Riboflavin	1.4 mg	1.40 - 2.10 mg	1.66 mg	24-Mar-2026	UPLC 180	1427/1
Niacin (as niacinamide)	18 mg	18.00 - 27.00 mg	20.37 mg	24-Mar-2026	UPLC 180	1427/1
Vitamin B6 (as pyridoxine HCl)	1.9 mg	1.90 - 2.85 mg	2.67 mg	24-Mar-2026	UPLC 180	1427/1
Folate (as calcium L-5-methyltetrahydrofolate)	600 mcg DFE	600 mcg DFE	600 mcg DFE	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin B12 (as methylcobalamin)	6 mcg	6 mcg	6 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Biotin	30 mcg	30 mcg	30 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Pantothenic acid (as D-calcium pantothenate)	6 mg	6 mg	6 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	25 mg	25 mg	25 mg	13-Apr-2026	BOVMTDPC	Not Applicable

Heavy Metals*

Arsenic	Report Only	0.041 mcg/day	27-Mar-2026	ICP-MS (SGS)	1359/68
Lead	Report Only	0.008 mcg/day	27-Mar-2026	ICP-MS (SGS)	1359/68
Cadmium	Report Only	<0.005 mcg/day	27-Mar-2026	ICP-MS (SGS)	1359/68
Mercury	Report Only	<0.005 mcg/day	27-Mar-2026	ICP-MS (SGS)	1359/68

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

Allergens

Gluten	<20.0 ppm	<20.0 ppm	10-Apr-2026	VQ 266	1324/138
--------	-----------	-----------	-------------	--------	----------

Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	<10,000 CFU/g	10-Apr-2026	USP <2021>	M2604-0218
Yeast and Mold	NMT 1,000 CFU/g	<1,000 CFU/g	10-Apr-2026	USP <2021>	M2604-0218
Salmonella	Absent/10g	Absent/10g	10-Apr-2026	USP <2022>	M2604-0218
E. coli	Absent/10g	Absent/10g	10-Apr-2026	USP <2022>	M2604-0218
S. aureus	Absent/10g	Absent/10g	10-Apr-2026	USP <2022>	M2604-0218