

Product Code:	M147	Ship To:	Momentous
Product:	Iron + Vit B Complex		
Mfg Lot #:	501-1176	Pkg Lot #:	0243A5
Manufacture Date:	29-JAN-2025	Expiration Date:	01/2027

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
Average Capsule Weight	Report Only	0.510 g	USP <2091>	1330/09

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	59.35 mg	03-Mar-2025	UPLC 210	1322/47
Thiamin (as thiamin HCl)	1.4 mg	1.4 mg	1.4 mg	27-Mar-2025	BOVMTDPC	
Riboflavin	1.4 mg	1.40 - 2.10 mg	1.72 mg	28-Feb-2025	UPLC 180	1319/55
Niacin (as niacinamide)	18 mg	18.00 - 27.00 mg	20.27 mg	28-Feb-2025	UPLC 180	1319/55
Vitamin B6 (as pyridoxine HCl)	1.9 mg	1.90 - 2.85 mg	2.73 mg	28-Feb-2025	UPLC 180	1319/55
Folate (as calcium L-5-methyltetrahydrofolate)	600 mcg DFE	600.00 - 900.00 mcg DFE	875.60 mcg DFE	28-Feb-2025	HPLC 206	1304/102
Vitamin B12 (as methylcobalamin)	6 mcg	6.0 - 9.0 mcg	7.5 mcg	03-Mar-2025	SAM 02062 (HPLC-UV) (Intertek)	1299/40
Biotin	30 mcg	30.00 - 45.00 mcg	35.34 mcg	28-Feb-2025	UPLC 217	1328/18
Pantothenic acid (as D-calcium pantothenate)	6 mg	6.00 - 9.00 mg	7.40 mg	28-Feb-2025	UPLC 215	1309/142
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	25 mg	25.0 - 31.3 mg	25.9 mg	28-Feb-2025	ICP-MS 231	1292/157

Heavy Metals*

Arsenic	Report Only	<1.0 mcg/day	04-Mar-2025	ICP-MS (SGS)	1299/40
Lead	Report Only	<0.1 mcg/day	04-Mar-2025	ICP-MS (SGS)	1299/40
Cadmium	Report Only	<0.1 mcg/day	04-Mar-2025	ICP-MS (SGS)	1299/40
Mercury	Report Only	<0.1 mcg/day	04-Mar-2025	ICP-MS (SGS)	1299/40

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

Allergens

Gluten	<20.0 ppm	<20.0 ppm	20-Mar-2025	VQ 266	1324/37
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Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	90 CFU/g	19-Mar-2025	USP <2021>	1334/18-19
Yeast and Mold	NMT 1,000 CFU/g	<10 CFU/g	19-Mar-2025	USP <2021>	1334/18-19
Salmonella	Absent/10g	Absent/10g	19-Mar-2025	USP <2022>	1334/18-19
E. coli	Absent/10g	Absent/10g	19-Mar-2025	USP <2022>	1334/18-19
S. aureus	Absent/10g	Absent/10g	19-Mar-2025	USP <2022>	1334/18-19