

Product Code:	M147	Ship To:	Momentous
Product:	Iron + Vit B Complex		
Mfg Lot #:	604-0018	Pkg Lot #:	0271C6
Manufacture Date:	01-APR-2026	Expiration Date:	04/2028

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	A2605-0038
Average Capsule Weight	Report Only	0.477 g	USP <2091>	A2605-0038

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	62.41 mg	04-May-2026	UPLC 210	1428/34
Thiamin (as thiamin HCl)	1.4 mg	1.4 mg	1.4 mg	10-Jun-2026	BOVMTDPC	Not Applicable
Riboflavin	1.4 mg	1.4 mg	1.4 mg	10-Jun-2026	BOVMTDPC	Not Applicable
Niacin (as niacinamide)	18 mg	18 mg	18 mg	10-Jun-2026	BOVMTDPC	Not Applicable
Vitamin B6 (as pyridoxine HCl)	1.9 mg	1.9 mg	1.9 mg	10-Jun-2026	BOVMTDPC	Not Applicable
Folate (as calcium L-5-methyltetrahydrofolate)	600 mcg DFE	600 mcg DFE	600 mcg DFE	10-Jun-2026	BOVMTDPC	Not Applicable
Vitamin B12 (as methylcobalamin)	6 mcg	6 mcg	6 mcg	10-Jun-2026	BOVMTDPC	Not Applicable
Biotin	30 mcg	30.00 - 45.00 mcg	34.87 mcg	05-May-2026	UPLC 217	1392/159
Pantothenic acid (as D-calcium pantothenate)	6 mg	6 mg	6 mg	10-Jun-2026	BOVMTDPC	Not Applicable
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	25 mg	25.0 - 31.3 mg	28.5 mg	08-May-2026	ICP-MS 231	1420/42

Heavy Metals*

Arsenic	Report Only	0.050 mcg/day	10-Jun-2026	LLMTDA1 ((Light Labs)	1426/9
Lead	Report Only	0.010 mcg/day	10-Jun-2026	LLMTDA1 ((Light Labs)	1426/9
Cadmium	Report Only	0.010 mcg/day	10-Jun-2026	LLMTDA1 ((Light Labs)	1426/9
Mercury	Report Only	0.001 mcg/day	10-Jun-2026	LLMTDA1 ((Light Labs)	1426/9

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

Allergens

Gluten	<20.0 ppm	<20.0 ppm	02-Jun-2026	VQ 266	1397/53
--------	-----------	---------------------	-------------	--------	---------