

Product Code:	L786	Ship To:	Momentous
Product:	Essential Multi		
Mfg Lot #:	603-0508	Pkg Lot #:	0105C6A
Manufacture Date:	18-MAR-2026	Expiration Date:	03/2028

Physical Specifications:

Description/Color: **Yellowish beige powder fill in clear capsule**
Shape/Size: **#00 capsule / 0.917" x 0.336"**

Physical Testing	Specification	Result	Method	Reference
Appearance	Yellowish beige powder fill in clear capsule	Yellowish beige powder fill in clear capsule	Visual	A2603-0446
Average Capsule Weight	Report Only	0.842 g	USP <2091>	A2603-0446

Each four (4) capsules contains:

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Vitamin A (as retinyl palmitate and 7% as beta-carotene with mixed carotenoids)	1,500 mcg RAE	1,500.0 - 2,475.0 mcg RAE	2,260.3 mcg RAE	08-Apr-2026	UPC ² 230	1383/116
Vitamin C (as ascorbic acid and acerola fruit)	400 mg	400 mg	400 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin D (as cholecalciferol)	50 mcg	50 mcg	50 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin K (as phyloquinone)	400 mcg	400 mcg	400 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Thiamin (as thiamin HCl)	2.4 mg	2.4 mg	2.4 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Riboflavin (as riboflavin-5-phosphate)	4.2 mg	4.2 mg	4.2 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Niacin (as niacinamide and niacin)	60 mg	60 mg	60 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin B6 (as pyridoxal-5-phosphate)	6.7 mg	6.7 mg	6.7 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Folate [from Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]	680 mcg DFE	680 mcg DFE	680 mcg DFE	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin B12 (as methylcobalamin)	200 mcg	200 mcg	200 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Biotin	100 mcg	100 mcg	100 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Pantothenic acid (as D-calcium pantothenate)	5 mg	5.00 - 7.50 mg	5.23 mg	26-Mar-2026	UPLC 215	1392/118
Calcium (as dicalcium malate)	50 mg	50 mg	50 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Magnesium (as dimagnesium malate)	150 mg	150 mg	150 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Zinc (as zinc bisglycinate chelate)	15 mg	15 mg	15 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Selenium (as SelenoExcell® high selenium yeast)	100 mcg	100.0 - 160.0 mcg	129.3 mcg	03-Apr-2026	ICP-MS 231	1420/24
Copper (as copper bisglycinate chelate)	1 mg	1 mg	1 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Manganese (as manganese bisglycinate chelate)	1 mg	1 mg	1 mg	13-Apr-2026	BOVMTDPC	Not Applicable

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	200 mcg	200 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Molybdenum (as molybdenum glycinate chelate)	100 mcg	100 mcg	100 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Wild blueberry fruit juice powder	100 mg	100 mg	100 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Muscadine grape seed and skin powder	100 mg	100 mg	100 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Citrus bioflavonoid complex	100 mg	100 mg	100 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Broccoli seed extract (BroccoRaphanin®)	75 mg	75 mg	75 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Quercetin dihydrate (from Sophora japonica bud extract)	50 mg	50 mg	50 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Total tocotrienols (Delta, Gamma-tocotrienols) (DeltaGold®)	25 mg	25 mg	25 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Organic broccoli sprout	25 mg	25 mg	25 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Trans-resveratrol (from Polygonum cuspidatum root extract)	10 mg	10 mg	10 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Pantethine (as Pantesin®)	5 mg	5 mg	5 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Lutein (from marigold flower extract) (Lutemax® 2020)	3 mg	3 mg	3 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Lycopene	3 mg	3 mg	3 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Boron (as bororganic glycine)	1 mg	1 mg	1 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Benfotiamine	1 mg	1 mg	1 mg	13-Apr-2026	BOVMTDPC	Not Applicable
Vitamin K2 (as menaquinone-7) (MenaQ7®)	50 mcg	50 mcg	50 mcg	13-Apr-2026	BOVMTDPC	Not Applicable
Vanadium (as vanadium amino acid chelate)	30 mcg	30 mcg	30 mcg	13-Apr-2026	BOVMTDPC	Not Applicable

Heavy Metals*

Arsenic	Report Only	0.073 mcg/day	06-Apr-2026	ICP-MS (SGS)	1426/2
Lead	Report Only	0.273 mcg/day	06-Apr-2026	ICP-MS (SGS)	1426/2
Cadmium	Report Only	0.149 mcg/day	06-Apr-2026	ICP-MS (SGS)	1426/2
Mercury	Report Only	<0.034 mcg/day	06-Apr-2026	ICP-MS (SGS)	1426/2

** Heavy Metals results are based on a daily dose of four (4) capsules*

Allergens

Gluten	<20.0 ppm	<20.0 ppm	08-Apr-2026	VQ 266	1397/49
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Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	<10,000 CFU/g	06-Apr-2026	USP <2021>	M2604-0062
Yeast and Mold	NMT 1,000 CFU/g	<1,000 CFU/g	06-Apr-2026	USP <2021>	M2604-0062
Salmonella	Absent/10g	Absent/10g	06-Apr-2026	USP <2022>	M2604-0062
E. coli	Absent/10g	Absent/10g	06-Apr-2026	USP <2022>	M2604-0062
S. aureus	Absent/10g	Absent/10g	06-Apr-2026	USP <2022>	M2604-0062