

Product Code:	L786	Ship To:	Momentous
Product:	Essential Multi		
Mfg Lot #:	512-0143	Pkg Lot #:	0149J5
Manufacture Date:	05-DEC-2025	Expiration Date:	12/2027

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	A2512-0401
Average Capsule Weight	Report Only	0.849 g	USP <2091>	A2512-0401

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 mcg RAE	1,500 mcg RAE	19-Jan-2026	BOVMTDPC	Not Applicable
Vitamin C (as ascorbic acid and acerola fruit)	400 mg	400.0 - 600.0 mg	432.3 mg	19-Dec-2025	VQ 221	1399/43
Vitamin D (as cholecalciferol)	50 mcg	50 mcg	50 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Vitamin K (as phyloquinone)	400 mcg	400 mcg	400 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Thiamin (as thiamin HCl)	2.4 mg	2.4 mg	2.4 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Riboflavin (as riboflavin-5-phosphate)	4.2 mg	4.2 mg	4.2 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Niacin (as niacinamide and niacin)	60 mg	60 mg	60 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Vitamin B6 (as pyridoxal-5-phosphate)	6.7 mg	6.7 mg	6.7 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Folate [from Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]	680 mcg DFE	680.00 - 1,020.00 mcg DFE	1,002.07 mcg DFE	23-Dec-2025	HPLC 206	1404/13
Vitamin B12 (as methylcobalamin)	200 mcg	200.0 - 300.0 mcg	220.4 mcg	02-Jan-2026	SAM 02062 (HPLC-UV) (Intertek)	1359/51
Biotin	100 mcg	100 mcg	100 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Pantothenic acid (as D-calcium pantothenate)	5 mg	5 mg	5 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Calcium (as dicalcium malate)	50 mg	50 mg	50 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Magnesium (as dimagnesium malate)	150 mg	150 mg	150 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Zinc (as zinc bisglycinate chelate)	15 mg	15 mg	15 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Selenium (as SelenoExcel® high selenium yeast)	100 mcg	100 mcg	100 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Copper (as copper bisglycinate chelate)	1 mg	1 mg	1 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Manganese (as manganese bisglycinate chelate)	1 mg	1 mg	1 mg	19-Jan-2026	BOVMTDPC	Not Applicable

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	200.0 - 400.0 mcg	254.9 mcg	05-Jan-2026	ICP-MS 231	1362/136
Molybdenum (as molybdenum glycinate chelate)	100 mcg	100 mcg	100 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Wild blueberry fruit juice powder	100 mg	100 mg	100 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Muscadine grape seed and skin powder	100 mg	100 mg	100 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Citrus bioflavonoid complex	100 mg	100 mg	100 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Broccoli seed extract (BroccoRaphanin®)	75 mg	75 mg	75 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Quercetin dihydrate (from Sophora japonica bud extract)	50 mg	50 mg	50 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Total tocotrienols (Delta, Gamma-tocotrienols) (DeltaGold®)	25 mg	25 mg	25 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Organic broccoli sprout	25 mg	25 mg	25 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Trans-resveratrol (from Polygonum cuspidatum root extract)	10 mg	10 mg	10 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Pantethine (as Pantestin®)	5 mg	5 mg	5 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Lutein (from marigold flower extract) (Lutemax® 2020)	3 mg	3 mg	3 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Lycopene	3 mg	3 mg	3 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Boron (as bororganic glycine)	1 mg	1 mg	1 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Benfotiamine	1 mg	1 mg	1 mg	19-Jan-2026	BOVMTDPC	Not Applicable
Vitamin K2 (as menaquinone-7) (MenaQ7®)	50 mcg	50 mcg	50 mcg	19-Jan-2026	BOVMTDPC	Not Applicable
Vanadium (as vanadium amino acid chelate)	30 mcg	30.0 - 48.0 mcg	39.4 mcg	05-Jan-2026	ICP-MS 231	1362/136

Heavy Metals*

Arsenic	Report Only	0.132 mcg/day	29-Dec-2025	ICP-MS (SGS)	1359/51
Lead	Report Only	0.743 mcg/day	29-Dec-2025	ICP-MS (SGS)	1359/51
Cadmium	Report Only	0.088 mcg/day	29-Dec-2025	ICP-MS (SGS)	1359/51
Mercury	Report Only	<0.034 mcg/day	29-Dec-2025	ICP-MS (SGS)	1359/51

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

Allergens

Gluten	<20.0 ppm	<20.0 ppm	19-Jan-2026	VQ 266	1397/27
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Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	<10,000 CFU/g	19-Jan-2026	USP <2021>	M2601-0281
Yeast and Mold	NMT 1,000 CFU/g	<1,000 CFU/g	19-Jan-2026	USP <2021>	M2601-0281
Salmonella	Absent/10g	Absent/10g	19-Jan-2026	USP <2022>	M2601-0281
E. coli	Absent/10g	Absent/10g	19-Jan-2026	USP <2022>	M2601-0281
S. aureus	Absent/10g	Absent/10g	19-Jan-2026	USP <2022>	M2601-0281