

Product Code:	L786	Ship To:	Momentous
Product:	Essential Multi		
Mfg Lot #:	503-0414	Pkg Lot #:	0285C5
Manufacture Date:	13-MAR-2025	Expiration Date:	03/2027

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	A25040302
Average Capsule Weight	Report Only	0.840 g	USP <2091>	A25032600

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	14-May-2025	BOVMTDPC	
Vitamin C (as ascorbic acid and acerola fruit)	400 mg	400 mg	400 mg	14-May-2025	BOVMTDPC	
Vitamin D (as cholecalciferol)	50 mcg	50.00 - 82.50 mcg	63.80 mcg	27-Mar-2025	HPLC 176	1322/78
Vitamin K (as phyloquinone)	400 mcg	400 mcg	400 mcg	14-May-2025	BOVMTDPC	
Thiamin (as thiamin HCl)	2.4 mg	2.40 - 3.60 mg	2.83 mg	28-Mar-2025	UPLC 180	1319/88
Riboflavin (as riboflavin-5-phosphate)	4.2 mg	4.2 mg	4.2 mg	14-May-2025	BOVMTDPC	
Niacin (as niacinamide and niacin)	60 mg	60.00 - 90.00 mg	64.79 mg	28-Mar-2025	UPLC 180	1319/88
Vitamin B6 (as pyridoxal-5-phosphate)	6.7 mg	6.7 mg	6.7 mg	14-May-2025	BOVMTDPC	
Folate [from Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]	680 mcg DFE	680 mcg DFE	680 mcg DFE	14-May-2025	BOVMTDPC	
Vitamin B12 (as methylcobalamin)	200 mcg	200 mcg	200 mcg	14-May-2025	BOVMTDPC	
Biotin	100 mcg	100 mcg	100 mcg	14-May-2025	BOVMTDPC	
Pantothenic acid (as D-calcium pantothenate)	5 mg	5 mg	5 mg	14-May-2025	BOVMTDPC	
Calcium (as dicalcium malate)	50 mg	50 mg	50 mg	14-May-2025	BOVMTDPC	
Magnesium (as dimagnesium malate)	150 mg	150.0 - 210.0 mg	208.4 mg	13-May-2025	ICP-MS 231	1308/129
Zinc (as zinc bisglycinate chelate)	15 mg	15 mg	15 mg	14-May-2025	BOVMTDPC	
Selenium (as SelenoExcell® high selenium yeast)	100 mcg	100 mcg	100 mcg	14-May-2025	BOVMTDPC	
Copper (as copper bisglycinate chelate)	1 mg	1 mg	1 mg	14-May-2025	BOVMTDPC	
Manganese (as manganese bisglycinate chelate)	1 mg	1 mg	1 mg	14-May-2025	BOVMTDPC	

Ingredient	Label Claim	Specification	Result	Test Date	Method	Reference
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	200 mcg	200 mcg	14-May-2025	BOVMTDPC	
Molybdenum (as molybdenum glycinate chelate)	100 mcg	100 mcg	100 mcg	14-May-2025	BOVMTDPC	
Wild blueberry fruit juice powder	100 mg	100 mg	100 mg	14-May-2025	BOVMTDPC	
Muscadine grape seed and skin powder	100 mg	100 mg	100 mg	14-May-2025	BOVMTDPC	
Citrus bioflavonoid complex	100 mg	100 mg	100 mg	14-May-2025	BOVMTDPC	
Broccoli seed extract (BroccoRaphanin®)	75 mg	75 mg	75 mg	14-May-2025	BOVMTDPC	
Quercetin dihydrate (from Sophora japonica bud extract)	50 mg	50 mg	50 mg	14-May-2025	BOVMTDPC	
Total tocotrienols (Delta, Gamma-tocotrienols) (DeltaGold®)	25 mg	25 mg	25 mg	14-May-2025	BOVMTDPC	
Organic broccoli sprout	25 mg	25 mg	25 mg	14-May-2025	BOVMTDPC	
Trans-resveratrol (from Polygonum cuspidatum root extract)	10 mg	10 mg	10 mg	14-May-2025	BOVMTDPC	
Pantethine (as Pantesin®)	5 mg	5 mg	5 mg	14-May-2025	BOVMTDPC	
Lutein (from marigold flower extract) (Lutemax® 2020)	3 mg	3 mg	3 mg	14-May-2025	BOVMTDPC	
Lycopene	3 mg	3 mg	3 mg	14-May-2025	BOVMTDPC	
Boron (as bororganic glycine)	1 mg	1 mg	1 mg	14-May-2025	BOVMTDPC	
Benfotiamine	1 mg	1 mg	1 mg	14-May-2025	BOVMTDPC	
Vitamin K2 (as menaquinone-7) (MenaQ7®)	50 mcg	50 mcg	50 mcg	14-May-2025	BOVMTDPC	
Vanadium (as vanadium amino acid chelate)	30 mcg	30 mcg	30 mcg	14-May-2025	BOVMTDPC	

Heavy Metals*

Arsenic	Report Only	0.151 mcg/day	02-Apr-2025	ICP-MS (SGS)	1299/50
Lead	Report Only	0.306 mcg/day	02-Apr-2025	ICP-MS (SGS)	1299/50
Cadmium	Report Only	0.326 mcg/day	02-Apr-2025	ICP-MS (SGS)	1299/50
Mercury	Report Only	<0.034 mcg/day	02-Apr-2025	ICP-MS (SGS)	1299/50

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

Allergens

Gluten	<20.0 ppm	<5.0 ppm	08-Apr-2025	GLUTENRIDA (Eurofins)	1299/51
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Microbial Testing	Specification	Result	Test Date	Method	Reference
Total Plate Count	NMT 10,000 CFU/g	80 CFU/g	07-Apr-2025	USP <2021>	M25040126
Yeast and Mold	NMT 1,000 CFU/g	20 CFU/g	07-Apr-2025	USP <2021>	M25040126
Salmonella	Absent/10g	Absent/10g	07-Apr-2025	USP <2022>	M25040126
E. coli	Absent/10g	Absent/10g	07-Apr-2025	USP <2022>	M25040126
S. aureus	Absent/10g	Absent/10g	07-Apr-2025	USP <2022>	M25040126