



CERTIFICATE OF ANALYSIS

Customer	LiveGood	Product Name	PreWorkout Mixed Berry Flavor
Lot Number	1115-1223017	Best By Date	12/2026
Allergen	None	Manufacturing Date	12/2023

INGREDIENTS	AMOUNT PER SERVING	TEST METHOD	IN HOUSE SPEC
Vitamin B6 (Pyridoxal-5-Phosphate)	5 mg	Input	Pass
Vitamin B12 (Methylcobalamin)	100 mcg	Input	Pass
Magnesium (Magnesium Glycinate)	50 mg	Input	Pass
Chromium (Chromium Picolinate)	800 mcg	Input	Pass
Potassium (Potassium Chloride)	225 mg	Input	Pass
Sodium (Sodium Chloride & Pink Himalayan Salt)	225 mg	Input	Pass
L-Leucine	1200 mg	Input	Pass
L-Lysine	620 mg	Input	Pass
L-Isoleucine	330 mg	Input	Pass
L-Valine	300 mg	Input	Pass
L-Threonine	285 mg	Input	Pass
L-Phenylalanine	210 mg	Input	Pass
L-Histidine	43 mg	Input	Pass
L-Methionine	10 mg	Input	Pass
L-Tryptophan	2 mg	Input	Pass
Beta Alanine	1600 mg	Input	Pass
Beta Powder® Betaine Anhydrous	1250 mg	Input	Pass
Organic Beet Root Powder	100 mg	Input	Pass
L-Tyrosine	500 mg	Input	Pass
Alpha GPC 50%	250 mg	Input	Pass
BetaPrime®	200 mg	Input	Pass
Organic Caffeine (from Tea)	125 mg	Input	Pass
L-Theanine	62.5 mg	Input	Pass
Huperzine A	50 mcg	Input	Pass

Other Ingredients: Malic Acid, Natural Flavors, Stevia Extract, Silica



All products are formulated / manufactured under strict current Good Manufacturing Practices (cGMP) and follow all internal Standard Operating Procedures (SOPs) to ensure accuracy of ingredients dosage.

ASSAY	SPECIFICATION	TEST METHOD	RESULT
Total Microbial Count	$\leq 300,000$ CFU/g	USP <2021>	380 CFU/G
Yeast	Yeast & Mold $\leq 1,000$ CFU/g	USP <2021>	<10 CFU/g
Mold		USP <2021>	<10 CFU/g
Staph C	Absent/10g	USP <2022>	Absent/10g
E. Coli	Absent/10g	USP <2022>	Absent/10g
Salmonella	Absent/10g	USP <2022>	Absent/10g
Arsenic	Heavy Metals ≤ 5 PPM	ICP-MS USP <730>	0.014 PPM
Cadmium		ICP-MS USP <730>	0.013 PPM
Mercury		ICP-MS USP <730>	0.010 PPM
Lead		ICP-MS USP <730>	0.242 PPM

Report Date:12/27/2023

Barbaro Guerrero

Quality Control Manager