



Certificate of Analysis

Product Name:	Multi-Vitamin for Men
Lot No:	1151K2307
Manufacturing Date	11/2023
Best by Date	10/2026
Capule Size	Size 0
Fill weight	602.0 mg (541.8 mg -662.2 mg)
Final weight	700.0 mg (632.8 mg -767.2 mg)
Weight variation	Each of the individual weights is within 90% -110% of the average weight
Serving Size	2 Capsule

Each Serving size Contains.

Active Ingredients	Claim	Results	Method
Vitamin A (as Beta Carotene)	NLT 1125 mcg	1173.4 mcg	N.TPN041
Vitamin C (as Ascorbic Acid)	NLT 120 mg	125.8 mg	N.TPN041
Vitamin E (as D-Alpha Tocopheryl Succinate)	NLT 67 mg	69.2 mg	N.TPN041
Thiamin	NLT 10 mg	11.8 mg	N.TPN041
Riboflavin	NLT 4 mg	4.8 mg	N.TPN041
Niacin (as Niacinamide)	NLT 32 mg	38.2 mg	N.TPN041
Vitamin B6 (as Pyridoxine HCL)	NLT 25 mg	29.8 mg	N.TPN041
Folate (as L-Methylfolate)	NLT 348 mcg DFE	418 mcg	N.TPN041
Vitamin B12 (as Methylcobalamin)	NLT 200 mcg	239.6 mcg	N.TPN041
Biotin	NLT 1000 mcg	1102 mcg	N.TPN041
Panthonetic Acid (as Calcium D-Pantotheanate)	NLT 75 mg	89.4 mg	N.TPN041
Choline (as Choline Bitartrate)	NLT 25 mg	30.4 mg	N.TPN041
Iodine (as Potassium Iodide)	NLT 150 mcg	163 mcg	N.TPN041
Zinc (as Zinc Citrate)	NLT 15 mg	15 mg	N.TPN041
Selenium (as Selenium L-Methionine)	NLT 100 mcg	118.4 mcg	N.TPN041
Manganese (as Manganese Citrate)	NLT 2.5 mg	3.0 mg	N.TPN041
Chromium (as Chromium Picolinate)	NLT 200 mcg	200.2 mcg	N.TPN041
Molybdenun (as Molybdenum Chelate)	NLT 50 mcg	59.8 mcg	N.TPN041
Potassium (as Potassium & Phosphate)	NLT 100 mg	115 mg	N.TPN041
LiveGood Men Multi-Vite Proprietary Blend	NLT 160 mg	190.4 mg	N.TPN041



L-Glycine	NLT 30 mg	36 mg	N.TPN041
Lycopene	NLT 10 mg	12.2 mg	N.TPN041
Marigold Flower Extract (5 mg Lutein, 2 mg Zeaxanthin)	NLT 120 mg	142.2 mg	N.TPN041

Other Ingredients: Vegetable Capsule, Organic Rice Hulls.

Microbial Analysis	Microbial Specification	Results	Method
Total Bacterial Count	NMT 10,000 CFU/gram	Pass	Biolumix ML0701.1
Total Mold & Yeast Count	NMT 1,000 CFU/gram	Pass	Biolumix ML0701.2
E. Coli	<0.1	Pass	Biolumix ML0701.3
Salmonella	<0.1	Pass	Biolumix ML0701.4

Heavy Metal Analysis	Heavy Metals Specifications	Results	Method
Lead (Pb)	NMT 0.3 µg	Pass	TM-0278 By ICP-MS
Mercury (Hg)	NMT 2.0 µg	Pass	TM-0278 By ICP-MS
Arsenic (As)	NMT 2.0 µg	Pass	TM-0278 By ICP-MS
Cadmium (Cd)	NMT 1.0 µg	Pass	TM-0278 By ICP-MS

Abbreviations: NL T-Not less than, NMT-Not more than, AV-Acceptance Value, NA-Not Applicable, Min-Minimum, Max- Maximum, ND-Not detected.

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Barbaro Guerrero

Quality Control Manager