



Certificate of Analysis

Product Name:	Multi-Vitamin for Women with Iron
Lot No:	1151J2307
Manufacturing Date	10/2023
Best by Date	09/2026
Capule Size	Size 0
Fill weight	640 mg (576.0 mg -704.0 mg)
Final weight	740 mg (676.0 mg -804.0 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	1181.2 mcg	N.TPN040
Vitamin C (as Ascorbic Acid)	NLT 120 mg	126.2 mg	N.TPN040
Vitamin E (as D-Alpha Tocopheryl Succinate)	NLT 67 mg	71 mg	N.TPN040
Thiamin	NLT 10 mg	12.2 mg	N.TPN040
Riboflavin	NLT 4 mg	4.8 mg	N.TPN040
Niacin (as Niacinamide)	NLT 32 mg	38.4 mg	N.TPN040
Vitamin B6 (as Pyridoxine HCL)	NLT 25 mg	30.4 mg	N.TPN040
Folate (as L-Methylfolate)	NLT 551 mcg DFE	658.6 mcg	N.TPN040
Vitamin B12 (as Methylcobalamin)	NLT 200 mcg	242.6 mcg	N.TPN040
Biotin	NLT 1000 mcg	1120 mcg	N.TPN040
Panthonetic Acid (as Calcium D-Pantotheanate)	NLT 75 mg	89.8 mg	N.TPN040
Choline (as Choline Bitartrate)	NLT 25 mg	30.4 mg	N.TPN040
Iron (as Ferrous Bisglycinate)	NLT 18 mg	21.6 mg	N.TPN040
Iodine (as Potassium Iodide)	NLT 150 mcg	164 mcg	N.TPN040
Zinc (as Zinc Citrate)	NLT 15 mg	15 mg	N.TPN040
Selenium (as Selenium L-Methionine)	NLT 100 mcg	120.8 mcg	N.TPN040
Manganese (as Manganese Citrate)	NLT 2.5 mg	3.0 mg	N.TPN040
Chromium (as Chromium Picolinate)	NLT 200 mcg	200.2 mcg	N.TPN040
Molybdenun (as Molybdenum Chelate)	NLT 50 mcg	60.4 mcg	N.TPN040
Potassium (as Potassium & Phosphate)	NLT 100 mg	115 mg	N.TPN040
LiveGood Women Multi-Vite Proprietary Blend	NLT 200 mg	240.8 mg	N.TPN040



L-Glycine	NLT 30 mg	36 mg	N.TPN040
Cranberry	NLT 50 mg	61.2 mg	N.TPN040
Marigold Flower Extract (5 mg Lutein, 2 mg Zeaxanthin)	NLT 120 mg	143.6 mg	N.TPN040

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.

Report Date:11/06/2023

Barbaro Guerrero

Quality Control Manager