



Certificate of Analysis

Product Name:	Healthy Herbs & Roots	Lot Number:	63931-1
Manufacture Date:	09/2022	Expiration Date:	09/2024
Form:	Capsule	Size:	#00
Capsule Color:	Clear	Fill Color:	Brownish
Average Weight	945 mg/capsule	Disintegration:	<30 min.
Bottle Size:	200 cc	Bottle Color:	White
Lid Size:	38 mm	Lid Color:	White
Shrink:	67 mm Translucent	Count per Unit:	60 capsules

LABEL CLAIM SPECIFICATIONS

Active Ingredient	Label Claim per capsule	Specification per capsule (≥90%)	% Found*
Ashwagandha Root (2.5% extract)	125 mg	≥112.5 mg	100%
Turmeric Root (95% extract)	150 mg	≥135 mg	100%
Cinnamon Bark Powder (<i>Cinnamomum wilsonii</i>)	75 mg	≥67.5 mg	100%
Holy Basil Leaf (2% extract)	50 mg	≥45 mg	100%
Garlic Bulb (1% extract)	25 mg	≥22.5 mg	100%
Trikatu Powder (consisting of black pepper fruit powder, long pepper fruit powder, and ginger root powder)	25 mg	≥22.5 mg	100%
Triphala Powder (consisting of amla fruit powder, bibhitaki fruit powder [<i>Terminali bellirica</i>], and haritaki fruit powder [<i>Terminali chebula</i>])	50 mg	≥45 mg	100%
Amla Fruit Powder	25 mg	≥22.5 mg	100%
Sandalwood Wood Powder (<i>Pterocarpus soyauxii</i>)	25 mg	≥22.5 mg	100%
Cloves Bud Powder	25 mg	≥22.5 mg	100%
Celery Seed Powder	25 mg	≥22.5 mg	100%
Licorice Root Powder	25 mg	≥22.5 mg	100%
Brahmi Leaves (20% extract)(<i>Bacopa monnieri</i>)	75 mg	≥67.5 mg	100%
Shilajit	25 mg	≥22.5 mg	100%
Cordyceps (mycelium)	25 mg	≥22.5 mg	100%
Lavender Powder (whole plant)	25 mg	≥22.5 mg	100%
Peppermint Leaf Powder	25 mg	≥22.5 mg	100%

Other Ingredients: Hydroxypropyl methylcellulose, vegetable magnesium stearate, and silicon dioxide.

*Verified by Raw Material Testing and Process Manufacturing (SOP 1.9, 1.6)

MICROORGANISM TEST RESULTS

Test	Specification	Method	Result
Total Aerobic Plate Count	<10 ⁷ cfu/g	USP <2021>	PASS
Yeast and Mold	<10 ⁵ cfu/g	USP <2021>	PASS
Enterobacteriaceae	<10 ⁴ cfu/g	USP <2021>	PASS
Escherichia coli	Negative	USP <2022>	PASS
Salmonella spp.	Negative	USP <2022>	PASS
Staphylococcus aureus	Negative	USP <2022>	PASS

HEAVY METALS TEST RESULTS

Test	Specification	Method	Result
Cadmium	<4.1 mcg/daily dose	ICP-MS	PASS
Arsenic	<10 mcg/daily dose	ICP-MS	PASS
Lead	<2.75 mcg/daily dose	ICP-MS	PASS
Mercury	<10 mcg/daily dose	ICP-MS	PASS

Note: Testing is certified under subcontracted laboratory's ISO 17025 accreditation.

Released by:



Quality Control Department

Date: 01/23/2023