

Title: Zen Sleep with P5P and 5-HTP, 60 Vegetarian Capsules	
Allergy Research Group* / NutriCology*	
Document No.: 77360CA	Revision: 001

Certificate of Analysis

Part Number	77360		
Lot Number	9161		
Product Count & Form	60 Vegetarian Capsules		
Packaging, Closure	120 cc bottle, desiccant, rayon/cotton		
Storage Condition	Room Temperature		
Shelf Life	24 months	Expiration Date	04/21
Label Number, Size	77360L, C		
Retain Sample	2 bottles per label (4 bottles total)		

ANALYSIS

Physical

Attribute	Method / SOP	Specification	Test Result
Product Color & Size	SOP 515	White to off-white, clear, Size "0"	Complies
Product Weight Variation	SOP 514	Meets USP <2091> 530 – 670 mg	Pass, 611 mg
Disintegration Time	SOP 522	Meets USP <2040>	Pass

Purity/Strength per Capsule

Active Ingredients	Label Claim	Release Limits	Test Result
L-Theanine	100 mg	100 - 150% LC by HPLC	101 mg
GABA (Gamma-Aminobutyric Acid)	275 mg	100 - 150% LC by HPLC	285 mg
L-5-Hydroxytryptophan	50 mg	100 - 150% LC by HPLC	53 mg
Vitamin B6 (Pyridoxal-5-Phosphate)	5 mg	100 - 150% LC by HPLC	6 mg
Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-Leucine			

*Production and Process Control

Title: Zen Sleep with P5P and 5-HTP, 60 Vegetarian Capsules

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Identification \ Chemical \ Heavy Metals

Attribute	Method / SOP	Specification	Test Result
Identity	Bulk Certificate of Analysis Review	Approved	Complies
Identity	Near Infrared Spectroscopy	Matches Reference	Complies
Arsenic (inorganic)	ICP-MS per USP <2232>	≤ 15 µg/day Ψ	BQL Ψ
Cadmium	ICP-MS per USP <2232>	≤ 5 µg/day Ψ	BQL Ψ
Mercury (total)	ICP-MS per USP <2232>	≤ 15 µg/day Ψ	BQL Ψ
Lead	ICP-MS per USP <2232>	≤ 10 µg/day Ψ	BQL Ψ

Ψ Permitted Daily Exposure, *Production and Process Control

Microbiology

Attribute	Method / SOP	Specification	Test Result
Total Aerobic Count	USP/ AOAC/ FDA BAM	≤ 1 x 10 ⁴ CFU/g	10 CFU/g
Total Yeast & Mold	USP/ AOAC/ FDA BAM	≤ 1 x 10 ³ CFU/g	<10 CFU/g
Coliform	USP/ AOAC/ FDA BAM	≤ 1 x 10 ² CFU/g	<10 CFU/g
Escherichia coli	USP/ AOAC/ FDA BAM	None Detected	None Detected
Staphylococcus aureus	USP/ AOAC/ FDA BAM	None Detected	None Detected
Salmonella	USP/ AOAC/ FDA BAM	None Detected	None Detected

*Production and Process Control

Approval: 	Date: 05/13/19
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Micro Quality Labs, Inc.

Specializing in Pharmaceutical, Dietary Supplements, Toys and Cosmetics Testing
3125 N. Damon Way • Burbank, California 91505
(818) 845-0070 • Fax: (818) 845-0030
E-Mail: Karine@MicroQualityLabs.com



Customer: Allergy Research Group, LLC
Address: 2300 North Loop Road
Alameda, CA 94502


ANALYTICAL/CHEMICAL CERTIFICATE OF ANALYSIS

Sample Name: ZEN SLEEP
Product Code: 47360
Batch/Lot: B9161
MQL Accession: 190502-0163

PO#: MH04302019
Sample Description: BULK
Rush: 2-3 business days
Received Date: 05/02/19

Test Requested:	Test Method:	Specification:	Results:
L-Theanine	MQLTM-0198 By GC-FID	NLT 100 mg / cap	101 mg / cap *
GABA (Gamma-Aminobutyric Acid)	MQLTM-0222 By HPLC	NLT 275 mg / cap	285 mg / cap *
Vitamin B6 (as Pyridoxal-5-Phosphate)	MQLTM-0153 By HPLC	NLT 5 mg / cap	6 mg / cap
5-HTP (L-5-Hydroxytryptophan)	MQLTM-0208 By UHPLC	NLT 50 mg / cap	53 mg / cap *

Prepared By:



Desiree Rodriguez/Document Control Supervisor

MAY 09 2019

05/09/19

Reviewed By:



Diana Zavala/ Document Control Specialist

MAY 09 2019

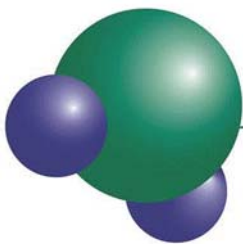
05/09/19

Comment: (*) This result is not covered under our A2LA accreditation. The test has been carried out following general compendial methods (USP/NF, EP, JP AOAC and Chromadex).

Micro Quality Laboratories, Inc. (MQL), is an A2LA ISO 17025 accredited testing laboratory (Certificate Number 3034.01). The requirements of ISO 17025 were followed for the test, results and preparation of this certificate of analysis. MQL's scope of accreditation may be found on A2LA or MQL websites.

The aforementioned results on this report are representative of the samples submitted and may not be indicative of the entire manufacture, batch, and/or lot. Applicable current GMP's shall always be used when sampling. GLP's shall always be practiced by Micro Quality Labs to ensure the most accurate results.

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trace elemental analysis

Analytical Report

May 09, 2019

Tuyen Luong
Allergy Research Group/NutriCology
2300 North Loop Road
Alameda, CA 94502

Page 1 of 1
WO Number: W19E0022

Client: Allergy Research Group-QC
Client #: A5537-T
Sample Type: Capsule
Collector: Client

Customer PO: MH04302019
Date Received: 5/1/2019
Date Completed: 05/09/2019
Discard Date: 05/23/2019

CSL#: 19E0048 Zen Sleep - Lot#: 47360/B9161

Parameter	Result	PQL	Method	Date	Analyst
Arsenic	<0.050 ug/g	0.050	ICP MS	05/08/19	KMS
Cadmium	<0.050 ug/g	0.050	ICP MS	05/08/19	KMS
Lead	<0.050 ug/g	0.050	ICP MS	05/07/19	ARB
Mercury	<0.050 ug/g	0.050	ICP MS	05/08/19	KMS

CSL#: 19E0048

Parameter	Result	Serving Size	Unit Weight	Specification
Arsenic	<0.05 ug/g	1 Capsule	0.60 g	<0.50 ug/g
Cadmium	<0.05 ug/g	1 Capsule	0.60 g	<0.50 ug/g
Lead	<0.05 ug/g	1 Capsule	0.60 g	<0.50 ug/g
Mercury	<0.05 ug/g	1 Capsule	0.60 g	<0.50 ug/g

Respectfully Submitted,
Chemical Solutions, Ltd.

QA Representative

Notes:

CONFIDENTIAL REPORT. This report is confidential and is for the sole use of the addressee.
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The units for the PQL are the same as those shown for the result.



466 Kato Terrace.
Fremont, CA 94539
Phone: 510-979-1979
Fax: 510-668-1980
E-mail: labdata@aemtek.com
Web: www.aemtek.com

Project Description: Product Testing (PO # MH04302019)
Report Issued To: Allergy Research Group
2300 North Loop
Alameda, CA 94501
Contact: Janice Vu

Certificate of Analysis

AEMTEK #: 1905035

Sampling Date: 2019-04-30
Sample Received: 2019-05-01
Analysis Started: 2019-05-01
Analysis Performed By: CL, JC, SL
Report Issue Date: 2019-05-04

Sample ID	Analyte	Aerobic Plate Count	Total Coliforms	Yeast	Mold	Escherichia coli	Salmonella	Staphylococcus aureus
2	Method Reporting Unit Method Detection Limit for Reporting	AOAC OMA 990.12 CFU/g 10	AOAC OMA 991.14 CFU/g 10	AOAC OMA 2014.05 CFU/g 10	AOAC OMA 2014.05 CFU/g 10	USP 37 <62> (mod.) per 10g P/A	USP 37 <62> (mod.) per 10g P/A	USP 37 <62> (mod.) per 10g P/A
RESULTS								
	Sample Description							
	Zen Sleep	10	<10	<10	<10	ND	ND	ND

Terminology:
CFU = Colony Forming Units
< Indicates less than the reporting limit as noted
ND = Not Detected, negative, absent. Sensitivity is about 1 organism per test portion.
BAM = FDA Bacteriological Analytical Manual
AOAC OMA = Official Methods of Analysis of the AOAC International, 18th ed.

MPN = Most Probable Number
P/A = Presence/Absence
CP Staph = Coagulase Positive Staphylococci (Staphylococcus aureus)
CMMEF = Compendium of Methods for the Microbiological Examination of Foods, 4th ed.
AOAC RI = AOAC Research Institute Performance Tested.

N/A = Not Applicable or not analyzed

JK
05/06/19