LIGHT LABS

Certificate of Analysis

Prepared For

Customer	Charava
Email	
Phone	
Address	

Lab Contact

Name	Light Labs Support
Email	support@lightlabs.com
Phone	(737) 237-8951
Address	600 South Wagner Road, #400 Ann Arbor, MI 48103

General Information

Name	Creatine Monohydrate, Pouch
Lot	No Lot Specified
Notes	
Date Received	2026-07-02
Date Tested	2026-07-07
Test	89565
Order	10811
Assay	Heavy Metals
Method	LLMTDA1 (ICPMS)
Location	In-house
Serving Size	5 g
Lab Reported Serving Size	5 g

Analyte	LOQ	Specification	Result	Status
Arsenic	0.69 ppb (0.003 mcg/serving)	< 0.5 mcg/serving	0.72 ppb (0.004 mcg/serving)	In-Spec
Cadmium	0.12 ppb (0.001 mcg/serving)	< 0.5 mcg/serving	ND	In-Spec
Lead	1.95 ppb (0.01 mcg/serving)	< 0.5 mcg/serving	2.26 ppb (0.01 mcg/serving)	In-Spec
Mercury	0.75 ppb (0.004 mcg/serving)	< 0.5 mcg/serving	ND	In-Spec

LLMTDA is a method developed at Light Labs, Ann Arbor MI to test heavy metals in food and dietary supplement products. The method is modified from FDA EAM 4.7 and uses similar sample preparation and ananlytical techniques to those described in EAM. Microwave assisted digestion in mineral acids is used to prepare samples for heavy metal analysis by triple quadrupole inductively coupled plasma mass spectrometry (ICP-MS/MS). LLMTDA is part of Light Labs' scope of ISO 17025 accredited methods.

Results Approved By

Lev Spivak-Birndorf
Lab Director
Date Generated: 2026-07-07

ilac-MRA

PJLA Testing
Accreditation #128155

This product has been tested by an external ISO/IEC 17025-accredited laboratory using valid testing methodologies in compliance with state law. Values reported relate only to the product tested. The laboratory makes no claims as to the efficacy, safety or other risks associated with any detected or non-detected levels of any compounds reported herein. This Certificate shall not be reproduced, except in full, without the written approval.

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General Information

Name	Creatine Monohydrate, Pouch
Lot	No Lot Specified
Notes	
Date Received	2026-07-02
Date Tested	2026-07-14
Test	88962
Order	10811
Assay	Creatine
Method	LLMTDL (HPLC)
Location	In-house
Serving Size	5 g
Lab Reported Serving Size	5 g

Analyte	LOQ	Specification	Result	Status
Creatine	-	-	-	-
Creatine Ethyl Ester HCl	-	-	-	-
Creatine Gluconate	-	-	-	-
Creatine HCl	-	-	-	-
Creatine Monohydrate	0.07 g/serving (1.31%)	≥ 99.5%	5.1 g/serving (102%)	In-Spec
Creatine Nitrate	-	-	-	-
Creatinine	2,498.02 ppm (12.49 mg/serving)	-	< 2,498.02 ppm (< 12.49 mg/serving)	-
Di-Creatine malate	-	-	-	-
Dicyandiamide	2,544.97 ppm (12.72 mg/serving)	-	< 2,544.97 ppm (< 12.72 mg/serving)	-
Tri-Creatine malate	-	-	-	-

Results Approved By



Lev Spivak-Birndorf
Lab Director
Date Generated: 2026-07-14

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