



## Certificate of Analysis

### I. Product name identification:

Name: RestRecovery  
Batch number: 147023  
Expiry date: 12-2025

### II. Recommended storage conditions:

Store in dry place, away from light and humidity, in temperature not exceeding 25°C

Name of ingredient	Quantity [mg] of Ingredients per 1 capsule +/- 10%	NRV* per 1 capsule
Magnesium oxide (equal to 50mg of magnesium)	<b>84,00</b>	<b>13%</b>
Passionflower ( <i>Passiflora incarnata</i> ) flower extract 4:1	<b>12,50</b>	-
Mint ( <i>Mentha piperita</i> ) leaf extract 5:1	<b>10,00</b>	-
L-glycine	<b>10,00</b>	-
L-tyrosine	<b>10,00</b>	-
Ascorbic acid (8 mg of vitamin C)	<b>11,20</b>	<b>10%</b>
Nicotinamide (6 mg of vitamin B3)	<b>8,40</b>	<b>37%</b>
Common ginger ( <i>Zingiber officinale</i> Roscoe) root extract 10:1	<b>5,00</b>	-
Common hop ( <i>Humulus lupulus</i> ) flower extract 4:1	<b>5,00</b>	-
Common valerian ( <i>Valeriana officinalis</i> ) root extract 10:1	<b>5,00</b>	-
Lemon balm ( <i>Melissa officinalis</i> ) leaf and flower extract 4:1	<b>5,00</b>	-
L-theanine	<b>5,00</b>	-
Riboflavin (0,40 mg of vitamin B2)	<b>0,56</b>	<b>28%</b>
Thiamine hydrochloride (equiv. 0,40 mg of vitamin B1)	<b>0,71</b>	<b>36%</b>
Pyridoxine hydrochloride (equiv. 0,40 mg of vitamin B6)	<b>0,69</b>	<b>28%</b>



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Melatonin	<b>0,40</b>	-
Folic acid (0,12 mf of vitamin B9)	<b>0,17</b>	<b>60%</b>
Microcrystalline cellulose (E460i)	<b>240,00</b>	-
Magnesium stearate (E470b)	<b>5,00</b>	-
Silicon dioxide (E551)	<b>4,00</b>	-
<b>GELATINE CAPSULE, Transparent, SIZE #0</b>		
Gelatine	<b>96,00</b>	-
Sub TOTAL	<b>96,00</b>	-
TOTAL WEIGHT OF CAPSULE	<b>518,6</b>	-

\* REGULATION (EU) No 1169/2011 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 25 October 2011 on the provision of food information to consumers

### III. Range of analyses carried for the product.

Lp	TEST	METHOD	REQUIREMENTS	RESULT
1.	Product appearance	Visual	Hard gelatin capsules, size: #00  Capsule color: Transparent	COMPLIES
2.	Average weight of capsule content [mg]	Weight measurement	422,6 mg +/- 10%	COMPLIES
3.	Average weight of the capsule with content [mg]	Weight measurement	518,6 mg +/- 10%	COMPLIES
4.	Heavy metals:			
	-Pb	SVP 051 CHE	Max. 3,0 mg/kg	<0.015 mg/kg



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	-Cd	SVP 051 CHE	Max. 1,0 mg/kg	0.28 mg/kg
	-Hg	LST EN 13806:2002	Max. 0,1 mg/kg	0.063 mg/kg
<b>5.</b>	Microbiological purity:			
	Enumeration of microorganisms	LST EN ISO 4833-1:2013, LST EN ISO 4833-1:2013/A1:2022	Max. 10 <sup>3</sup> CFU/g	680 CFU/g
	Enumeration of yeasts	LST ISO 21527-2:2008	max. 10 <sup>2</sup> CFU/g	<10 CFU/g
	Enumeration of molds	LST ISO 21527-2:2008	max. 10 <sup>2</sup> CFU/g	<10 CFU/g
	Escherichia coli	LST ISO 7251:2005	Not detected in 1g	Not detected
	Salmonella	LST EN ISO 6579-1:2017, except LST EN ISO 6579-1:2017/A1:2020	Not detected in 25g	Not detected

Date of issue and signature:	03-01-2024
SIA BF-ESSE Sales Director Stanislav Kagan	SIA BF-ESSE Manufacturing engineer Stanislavs Voronka
	