



CERTIFICATE OF ANALYSIS

Amended 10/23/25

Product:	Essential Capsule
Customer:	Blueprint
Lot Number:	2509008
Product Number:	BLU-CP-005
Date of Manufacture:	09/2025
Country of Manufacture:	USA

Test Result	Analytical Testing	Specification/Serving	Method
65.22 mcg	Vitamin D3 (Cholecalciferol)	≥ 50 mcg/serving	HPLC (3rd party)
73.7 mg	Vitamin E (d-alpha-Tocopherol)	≥ 67 mg/serving	HPLC (3rd party)
1.31 mg	Vitamin B1 (Thiamine HCL)	≥ 1.1 mg/serving	HPLC (3rd party)
1.51 mg	Vitamin B2 (from Riboflavin)	≥ 1.4 mg/serving	HPLC (3rd party)
20.26 mg	Vitamin B3 (Niacin as Niacinamide)	≥ 15 mg/serving	HPLC (3rd party)
2.23 mg	Vitamin B6 (Pyridoxine HCL)	≥ 1.4 mg/serving	HPLC (3rd party)
235.97 mcg	Folate (Ca 5-methyltetrahydrofolate)	≥ 200 mcg/serving	HPLC (3rd party)
131.93 mcg	Vitamin B12 (Methylcobalamin)	≥ 125 mcg/serving	HPLC (3rd party)
59.78 mcg	Vitamin H/B7 (Biotin)	≥ 50 mcg/serving	HPLC (3rd party)
7.42 mg	Pantothenic Acid (as D-Ca Pantothenate)	≥ 6 mg/serving	HPLC (3rd party)
52.686 mg	Calcium (from Dicalcium Phosphate)	≥ 50 mg/serving	ICP (3rd party)
267.35 mcg	Iodine (Potassium Iodide)	≥ 200 mcg/serving	ICP (3rd party)
17.132 mg	Zinc (as Bisglycinate)	≥ 15 mg/serving	ICP (3rd party)
31.44 mcg	Selenium (L-Selenomethionine)	≥ 28 mcg/serving	ICP (3rd party)
1.789 mg	Manganese (as Citrate)	≥ 1 mg/serving	ICP (3rd party)
357.01 mg	Nicotinamide Riboside (as Chloride)	≥ 300 mg/serving	HPLC (3rd party)
21.59 mg	Broccoraphanin (Glucoraphanin)	≥ 20 mg/serving	HPLC (3rd party)
104.14 mg	Fisetin	≥ 100 mg/serving	HPLC (3rd party)
116.34 mg	Luteolin	≥ 100 mg/serving	HPLC (3rd party)
52.07 mg	Total CoQ10 (Ubiquinol)	≥ 50 mg/serving	HPLC (3rd party)
11.38 mg	Spermidine	≥ 10 mg/serving	HPLC (3rd party)
4.385 mg	Boron	≥ 3 mg/serving	ICP (3rd party)
1.2 mg	Lithium	≥ 1 mg/serving	ICP (3rd party)
Test Result	Physical Testing	Specification	Method
0.917 g/capsule	Average Weight	0.874g ± 5%	LAB-SOP-0010
CONFORMS	Weight Variation	ACW ± 10%	LAB-SOP-0010
CONFORMS	Capsule Size	#00	LAB-SOP-0010
CONFORMS	Capsule Type	100% Veggie	Organoleptic
CONFORMS	Capsule Color	Clear/Natural	Organoleptic
CONFORMS	Powder Color	Yellowish Brown	Organoleptic
Test Result	Heavy Metals	Specification	Method
0.079 mcg/serving	Arsenic	Report Only	ICP-MS (3rd Party)

0.024 mcg/serving	Cadmium	Report Only	ICP-MS (3rd Party)
0.003 mcg/serving	Mercury	Report Only	ICP-MS (3rd Party)
0.032 mcg/serving	Lead	Report Only	ICP-MS (3rd Party)
Test Result	Microbial Testing	Specification	Method
220 billion cfu/g	Lactobacillus acidophilus	> 4 billion cfu/g	By Input*
< 1,000 cfu/g	Yeast & Mold	< 1,000 cfu/g	AOAC or equivalent
< 100 cfu/g	Coliforms	< 100 cfu/g	AOAC or equivalent
Absent/10g	Escherichia Coli	Absent/10g	AOAC or equivalent
Absent/25g	Salmonella	Absent/25g	AOAC or equivalent
Absent/10g	Staphylococcus Aureus	Absent/10g	AOAC or equivalent

*At the time of manufacturing

Disclaimer:

The information contained in this Certificate of Analysis reflects testing results for the specific lot listed herein and confirms compliance with label claims under 21 CFR Part 111. Testing was performed at the time of packaging to confirm compliance with identity, strength, composition, and purity specifications in accordance with 21 CFR §§111.75, 111.260, and 111.320. This COA does not disclose proprietary formulation details or guarantee nutrient levels beyond labeled claims. The capsules were not manufactured  were received as finished capsules and packaged.


10/23/25

 Quality Date