



CERTIFICATE OF ANALYSIS

Product Name: Blueprint Ashwagandha + Rhodiola 30ct			
Item Number	FCPBP1590030	Lot Number	HI25-351-01 / 25PG0124
Date of Manufacture: (mm/dd/yy)	12/17/25	Expiration Date: (mm/dd/yy)	12/16/27
Certificate #:	COA-FP-26-020-02	Prepared Date: (mm/dd/yy)	01/20/26

The undersigned hereby certifies the following data to be true specification of the obtained results of tests and assays.

Physical Test	Specifications	Test Method	Results
1. Appearance			
a. Size	# 0	Visual	Conforms
b. Color	Clear	Visual	Conforms
2. Average Fill Weight	498 mg \pm 3% / capsule	Weighing (based on 10)	510.40 mg/capsule
Chemical Assay			
1. Rosavins	9 mg/capsule	HPLC	12.12 mg/capsule
Heavy Metal Limit			
1. Arsenic	\leq 10.00 ppm	ICP-MS	0.094 ppm
2. Cadmium	\leq 4.1 ppm	ICP-MS	0.015 ppm
3. Lead	\leq 0.5 ppm	ICP-MS	0.135 ppm
4. Mercury	\leq 0.3 ppm	ICP-MS	Not Detected
Microbial Limit			
1. Total Plate Count	\leq 1,000 CFU/g	USP<2021>	<10 CFU/G
2. Total Mold	\leq 100 CFU/g	USP<2021>	<10 CFU/G
3. Total Yeast	\leq 100 CFU/g	USP<2021>	<10 CFU/G
4. Escherichia Coli	Absent / 10g	USP<2022>	Absent
5. Salmonella	Absent / 25g	USP<2022>	Absent
6. S. Aureus	Absent / 10g	USP<2022>	Absent
Report # 26-007943			

QA/QC Department:

Prepared By: 

Date (mm/dd/yy): 01/20/26

Approved By: 

Date (mm/dd/yy): 01/20/26