



General Nutrition, Inc.

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High-Intensity Pre-Workout - Fruit Punch | Explosive Energy & Focus

SKU: ROC605

CERTIFICATE OF ANALYSIS

Product Name	High-Intensity Pre-Workout - Fruit Punch Explosive Energy & Focus		
Product SKU	ROC605	Lot Number	NSF12035

ANALYSIS	METHOD	SPECIFICATION	RESULTS	STATUS
Botanicals and Nutraceuticals				
Caffeine	WI.HPLC.309.07	> 175 mg/serving	160.647* mg/serving	PASS
Nutritional Profile				
Sodium	WI.ICP.409	> 80 mg/serving	95.879 mg/serving	PASS
Chromium	WI.ICP.408	> 30 mcg/serving	30.708 mcg/serving	PASS
Vitamin B3 Niacinamide	WI.HPLC.306.07	> 20 mg/serving	21.300 mg/serving	PASS
Heavy Metals				
Arsenic	USP <2232>	< 15 ppm	0.036 ppm	PASS
Cadmium	USP <2232>	< 5 ppm	0.033 ppm	PASS
Lead	USP <2232>	< 5 ppm	0.016 ppm	PASS
Mercury	USP <2232>	< 15 ppm	< 0.001 ppm	PASS
Microbiology				
Total Plate Count	Biolumix	< 100,000 cfu/g	< 100,000 cfu/g	PASS
Total Coliform	Biolumix	< 1,000 cfu/g	< 1,000 cfu/g	PASS
E. coli	Biolumix	None Detected	None Detected	PASS
Salmonella spp.	AOAC 2013.01 <Vidas>	None Detected	None Detected	PASS
Staphylococcus aureus	Biolumix	None Detected	None Detected	PASS
Yeasts & Molds	Biolumix	< 10,000 cfu/g	< 10,000 cfu/g	PASS

Final Disposition

PASS

This product has been reviewed and approved by our FDA Approved Lab located in the United States of America.

The results reported in this Certificate of Analysis (COA) are truthful and representative of the lot. The finished product and all raw materials used to manufacture the batch have been found to meet required specification limits in accordance with 21 CFR 111 (cGMP) regulations and the product is duly released.

Key Data Transferred:

- **Product Identity:** Nitric Shock Fruit Punch.
- **Lot Number:** NSF12035.
- **Nutritional Profile:** Verified levels for Caffeine (**160.647 mg**), Sodium (**95.879 mg**), Chromium (**30.708 mcg**), and Vitamin B3 Niacinamide (**21.300 mg**) per serving.
- **Heavy Metals:** Confirmed safe levels for Arsenic, Cadmium, Lead, and Mercury within USP <2232> standards.
- **Microbiology:** Comprehensive passing results for Total Plate Count, Coliform, and pathogens such as E. coli and Salmonella.
- **Disposition:** Final Status is "**PASS**".