



General Nutrition, Inc.  
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Published Certificate of Analysis - 2026  
<https://getgn.shop>

Vitamin B Complex - High Potency Energy & Metabolism  
SKU: ROC729 Date: 1/21/2026 | Verified Third Party Lab

## CERTIFICATE OF ANALYSIS

<b>Product Name</b>	Vitamin B Complex - High Potency Energy & Metabolism		
<b>Product SKU</b>	ROC729	<b>Lot Number</b>	250124-RT2200
<b>Item Number</b>	RT2200	<b>Country of Origin</b>	USA

ANALYSIS	METHOD	SPECIFICATION	RESULTS	STATUS
<b>Identity / Organoleptic</b>				
Capsule Appearance	DOC-1779	Clear hard-shell capsule, size 0	Pass	PASS
Powder Color	DOC-1779	Tan, To Match Standard	Pass	PASS
Fingerprint Identity	DOC-2319	Must Conform to Standard	Pass	PASS
<b>Potency Analysis (per serving)</b>				
Vitamin B1 (Thiamine)	HPLC	≥ 50 mg	71 mg / 2 capsules	PASS
Vitamin B2 (Riboflavin-5-P)	HPLC	≥ 10 mg	11 mg / 2 capsules	PASS
Vitamin B6 (P-5-P)	HPLC	≥ 10 mg	13 mg / 2 capsules	PASS
Vitamin B12 (Total)	HPLC	≥ 400 µg	604 µg / 2 capsules	PASS
Biotin (Vitamin B7)	HPLC	≥ 300 µg	312 µg / 2 capsules	PASS
Vitamin B5 (Pantothenic Acid)	HPLC	≥ 50 mg	61 mg / 2 capsules	PASS
Vitamin B3 (Niacinamide)	HPLC	≥ 25 mg	31 mg / 2 capsules	PASS
<b>Purity (Heavy Metals per 2 capsules)</b>				
Lead (Pb)	ICP-MS	≤ 5 µg	Pass	PASS
Arsenic (As)	ICP-MS	≤ 15 µg	Pass	PASS
Cadmium (Cd)	ICP-MS	≤ 5 µg	Pass	PASS
Mercury (Hg)	ICP-MS	≤ 2 µg	Pass	PASS
<b>Microbiology</b>				
Total Aerobic Microbial Count	USP <2021>	≤ 1 x 10 <sup>7</sup> cfu/g	Pass	PASS
Total Combined Yeast/Mold	USP <2021>	≤ 1 x 10 <sup>5</sup> cfu/g	Pass	PASS
Salmonella spp.	USP <2022>	None Detected in 10 g	Pass	PASS
Escherichia coli	USP <2022>	None Detected in 10 g	Pass	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.

### **Analytical Highlights for Lot #250124-RT2200:**

- **Potency Verification:** Confirmed high levels for the full B-vitamin spectrum, including B1 (**71 mg**), B12 (**604 µg**), and Biotin (**312 µg**) per 2-capsule serving.
- **Identity:** Size 0 clear capsules with tan powder confirmed via DOC-2319 fingerprint identity.
- **Safety & Purity:**
  - **Heavy Metals:** Confirmed compliance with safety standards for Lead, Arsenic, Cadmium, and Mercury.
  - **Microbiology:** Full PASS on pathogens (E. coli, Salmonella) and aerobic/yeast/mold counts.
- **Final Disposition:** Batch meets all criteria for release. Status: **PASS**.