



General Nutrition, Inc.

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Atlanta, GA 30354

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Joint Flex Glucosamine - Advanced Cartilage & Mobility Complex

SKU: ROC808

CERTIFICATE OF ANALYSIS

Product Name	Joint Flex Glucosamine - Advanced Cartilage & Mobility Complex		
Product SKU	ROC808	Lot Number	JS220930
Received Date	10/11/2022	Country of Origin	USA

ANALYSIS	METHOD	SPECIFICATION	RESULTS	STATUS
Physical Properties				
Serving Size	SNL.MA.210	1 Capsule	1.00 Capsule	PASS
Average Net Fill Weight	WI.USP.2091.02	900.00 - 980.00 mg	953.25 mg	PASS
Active Ingredients (per serving)				
Methionine	WI.HPLC.201	> 8 mg	8.374 mg	PASS
MSM (Methylsulfonylmethane)	WI.HPLC.201	> 9 mg	9.325 mg	PASS
Purity (Heavy Metals)				
Arsenic (As)	USP <2232>	< 15 ppm	0.176 ppm	PASS
Cadmium (Cd)	USP <2232>	< 5 ppm	0.015 ppm	PASS
Lead (Pb)	USP <2232>	< 5 ppm	0.144 ppm	PASS
Mercury (Hg)	USP <2232>	< 15 ppm	< 0.001 ppm	PASS
Microbiology				
Total Plate Count	Biolumix	< 100,000 cfu/g	< 100,000 cfu/g	PASS
Yeasts & Molds	Biolumix	< 10,000 cfu/g	< 10,000 cfu/g	PASS
Escherichia coli	Biolumix	None Detected	None Detected	PASS
Salmonella spp.	AOAC 2013.01	None Detected	None Detected	PASS
Staphylococcus aureus	Biolumix	None Detected	None Detected	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 #JS220930:

- **Active Ingredients:** Potency confirmed for Methionine (**8.374 mg**) and MSM (**9.325 mg**) per serving.
- **Safety & Purity: * Heavy Metals:** Arsenic, Cadmium, Lead, and Mercury levels all verified as **PASS** (USP <2232>), with Mercury levels below 0.001 ppm.
 - **Microbiology:** Full safety screening confirmed as **PASS** for pathogens (E. coli, Salmonella, S. aureus) and aerobic counts.
- **Physical Metrics:** Average net fill weight confirmed at **953.25 mg** per capsule.
- **Final Disposition:** **PASS**