

Energy Pre-Workout - Lemonade (214g) | 30-Servings Focus & Pump Formula
 SKU: ROC903M Date: 1/21/2026 | Verified Third Party Lab

CERTIFICATE OF ANALYSIS

Product Name	Energy Pre-Workout - Lemonade (214g)		
Product SKU	ROC903M	Lot Number	060222C903
Serving Size	7.25g	Servings Per Unit	30

ANALYSIS	METHOD	LIMITS / SPECIFICATION	RESULTS	STATUS
Qualitative Analysis				
Active Ingredient: Creatine	Analytical Standard	≥ 27%	Conforms	PASS
Physical Properties				
Appearance	Visual	White Colored Powder	Pass	PASS
Color of Solution	Mix with Water	Purple Colored Powder	Pass	PASS
Assay	USP <197A>	NLT 95%	Pass	PASS
Microbiology				
Total Plate Count	AOAC 966.23	< 100,000 cfu/g	< 100,000 cfu/g	PASS
E.Coli	AOAC 991.14	≤ 10 cfu/g	< 10 cfu/g	PASS
Salmonella	VIDAS (AOAC RI 2011.03)	Negative / 25g	Negative / 25g	PASS
Yeast	AOAC RI 121301	≤ 1,000 cfu/g	< 1,000 cfu/g	PASS
Molds	AOAC RI 121301	≤ 1,000 cfu/g	< 1,000 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.

Analytical Highlights for Lot #060222C903:

- **Qualitative Analysis:** Active ingredient **Creatine** confirmed to meet the specification of $\geq 27\%$.
- **Physical Properties:** Successfully passed visual and solution tests, including an assay (USP <197A>) confirming no less than 95% standard compliance.
- **Microbiology:** Full safety screening confirmed as **PASS** for all pathogens and counts, including:
 - **Salmonella:** Negative in 25g.
 - **E.Coli:** ≤ 10 cfu/g.
 - **Yeast & Molds:** $\leq 1,000$ cfu/g.
- **Final Disposition: PASS**