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SAMPLE		CERTIFICATIONS
Manufacturer Name	AS-IT-IS	
Product Name	Creatine Monohydrate	
Product Lot	ASC 5021	
Expiration Date	07/2026	
Sample Tested	May 2025	
Serving Size	1 Spoon (2.5 g)	

ANALYSIS				
Tested for Accuracy PASS				
Substance Active Ingredients	Unit	Claimed	Found	Status
Creatine Monohydrate	g/serving	2.5	2.5	●

Tested for Purity PASS				
Substance Heavy Metals	Unit	Limit [†]	Found	Status
Arsenic	µg/serving	15*	Undetected	●
Cadmium	µg/serving	5*	Undetected	●
Mercury	µg/serving	15*	Undetected	●
Lead	µg/serving	5*	Undetected	●

[†]Daily Limit | *USP | **LOQ = Limit of Quantitation

Substance Microbiology	Unit	Limit	Found	Status
Total Plate Count	cfu/g	1000*	200	●
Yeast/Mold	cfu/g	100*	<10	●
Coliforms	cfu/g	-	<10	●
E. Coli	cfu/g	-	<10	●
Staphylococcus aureus	cfu/g	-	<10	●
Salmonella	cfu/g	-	Undetected	●
Shigella	cfu/g	-	Undetected	●

*USP

● Pass ● Fail ● Greater than 120% Label Claim ● Tested; Not Used in Grading

RELEASE DATE	RELEASED BY	LABORATORY
May 14, 2025	Labdoor	Anresco

