Highland LABORATORIES
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CERTIFICATE OF ANALYSIS

In-House Tested | 21 CFR Part 111 Compliant | Gluten-Free Verified

Product Identification

Product Name	Good Magnesium Caps 60ct	**Lot Number**	0076778-015-A5006-040825-00004
Part Number	015-A5006	**Formula ID**	100-PR736 (Rev. 20)
Manufacture Date	April 8, 2025	**Expiration Date**	April 8, 2027
COA Issue Date	May 9, 2026	**Dosage Form**	Capsule, Size 0 (1 cap/serving)

Potency Verification (ICP-MS)

MAGNESIUM POTENCY TESTED VIA ICP-MS

227.5 mg per capsule
113.8% of Label Claim (200 mg)

Magnesium content was analytically verified by **ICP-MS** (Inductively Coupled Plasma Mass Spectrometry) in Highland Laboratories' in-house QC laboratory. Each capsule was confirmed to contain **227.5 mg of elemental magnesium** from magnesium rice protein chelate, exceeding the 200 mg label declaration by 13.8%.

Potency Analysis

Analyte	Method	Label Claim	Result	% of Claim	Status
Magnesium (Rice Protein Chelate)	QM-0007 (ICP-MS)	200 mg/capsule	**227.5 mg/capsule**	**113.8%**	**PASS**

Physical Testing

Test	Method	Specification	Result	Status
Average Capsule Weight	QM-0506	625 mg	**738.1 mg**	**PASS**
Capsule Size	QM-0506	Size 0	**Size 0**	**PASS**
Disintegration Time	QM-0502 (USP <701>)	< 45 minutes	**22 minutes**	**PASS**

Microbiological Testing

Test	Method	Specification	Result	Status
Total Aerobic Count	QM-0500	< 10,000 CFU/g	**800 CFU/g**	**PASS**
Yeast and Mold	QM-0500	< 1,000 CFU/g	**200 CFU/g**	**PASS**
Total Coliforms	QM-0500	< 100 CFU/g	**99 CFU/g**	**PASS**
E. coli	QM-0500	Negative	**Not Detected**	**PASS**

Contaminant Testing (Heavy Metals via ICP-MS)

Analyte	Method	Specification	Result	Status
Arsenic (As)	QM-0007 (ICP-MS)	< 10 mcg/svg	**0.354 mcg**	**PASS**
Lead (Pb)	QM-0007 (ICP-MS)	< 2 mcg/svg	**0.204 mcg**	**PASS**
Cadmium (Cd)	QM-0007 (ICP-MS)	< 4 mcg/svg	**0.153 mcg**	**PASS**
Mercury (Hg)	QM-0007 (ICP-MS)	< 1 mcg/svg	**0.002 mcg**	**PASS**

Allergen Testing

Test	Method	Specification	Result	Status
Gluten	QM-0504 (Gluten Testing)	< 20 ppm	**< 20 ppm**	**PASS**

Manufacturing & Compliance Statement

This product was manufactured in an FDA-registered facility in full compliance with Current Good Manufacturing Practices (cGMP) for dietary supplements per 21 CFR Part 111. All quality control testing, batch production records, and master manufacturing records are maintained in accordance with federal regulations. Magnesium potency was verified by ICP-MS, and all microbiological, heavy metal, physical, and allergen testing was performed in Highland Laboratories' in-house QC laboratory using validated analytical methods.

Authorization & Digital Signatures

Role	Signed By	Date/Time (UTC)	Session ID
Prepared By (QC)	hld.jmateer	2026-05-09 12:16:37	0946F70A-C08F3FD3CD04
Reviewed & Approved (QA)	Keith Gregory	2026-05-09 12:16:37	0946F70A-C08F3FD3CD04

Document Integrity

QC Order: PRD003745 | **Lot Record ID:** 1422008 | **Test Rows:** 13 | **COA Type:** Tested (In-House Analytical)
SHA-256: c08f3fd3cd04e09898f39651a5b0a48db66ba3a71842808b41746a0f4f1d9726

This COA is generated from executed QC results captured in the Highland Laboratories SAP/BatchMaster ERP system at the time of issuance. All testing was performed in-house using validated analytical methods (ICP-MS for potency and heavy metals, USP <701> for disintegration, microbial analysis per QM-0500, gluten testing per QM-0504). Digital signatures certify review and approval. Not to be reproduced without written approval. All testing per 21 CFR Part 111.