



**Brand:** California Gold Nutrition

**Product Name:** CognitiveUP

**Product Code:** CGN-01340

**Report Date:** 07/17/2019

**Lot#:** 20561



**Independent 3rd Party Lab:** Advanced Botanical Consulting & Testing

[iHerb.com/iTested](http://iHerb.com/iTested)

Analyses	Specifications	Results*	Lab Tested
<b>Supplement Facts</b>	<b>Label Claim</b>	<b>Serving Size: 2 Softgels</b>	
Choline	40 mg	39.16 mg	ABC Testing
Total Omega 3	570 mg	722.04 mg	ABC Testing
EPA	56 mg	114.12 mg	ABC Testing
DHA	420 mg	572.20 mg	ABC Testing
L-Theanine	100 mg	100.24 mg	ABC Testing
Phosphatidylserine	100 mg	103.25 mg	ABC Testing
Method: ALC5500A, AGC302A, ALC189A			

**Fish Oil Quality**

PCBs	0.09 ppm	Non Detected	ABC Testing
Dioxins	2 pg/g	Non Detected	ABC Testing
Furans	2 pg/g	Non Detected	ABC Testing
Method: EPA8290, 8082CONG			

**Microbial Analysis** **CFU = Colony Forming Unit**

Total Plate Count	<10,000 CFU/g	190 CFU/g	ABC Testing
Yeast	<1,000 CFU/g	<10 CFU/g	ABC Testing
Mold	<1,000 CFU/g	<10 CFU/g	ABC Testing
Enterobacteriaceae	Non-Detectable	Complies	ABC Testing
Escherichia coli	Non-Detectable	Complies	ABC Testing
Salmonella spp.	Non-Detectable	Complies	ABC Testing
Staphylococcus aureus	Non-Detectable	Complies	ABC Testing
Clostridium spp.	Non-Detectable	Complies	ABC Testing
Method: USP (2021, 2022)			

**Heavy Metal Analysis** **US FDA Daily Limit** **mcg = microgram**

Arsenic	130 mcg	0.006 mcg	ABC Testing
Cadmium	55 mcg	<0.001 mcg	ABC Testing
Mercury	20 mcg	0.001 mcg	ABC Testing
Lead	75 mcg	0.031 mcg	ABC Testing
Method: USP/NF, ICP/MS			

**Reviewed & Approved:** CGN Quality Control Staff

\*Analytical Testing & Results were Performed and Reported by a US FDA Registered, Independent, Third Party Lab.