



Brand: Sierra Fit

Product Name: Pre-Workout Powder Fruit Punch

Product Code: SIE-01684

Report Date: 05/22/2020

Lot#: 20003-3C2



Independent Third Party Testing Laboratories

iHerb.com/iTested

Analyses	Specifications	Results*	Lab Tested
Supplement Facts	Label Claim	Serving Size: 1 Scoop (9 g)	
Sodium	60 mg	68 mg	Health Level One
Potassium	20 mg	20 mg	Health Level One
Vitamin B12	14 mcg	16 mcg	Health Level One
Method: HPLC, ICP-MS			
Microbial Analysis	CFU = Colony Forming Unit		
Total Plate Count	<10,000 CFU/g	<10 CFU/g	Eurofins
Mold	<1,000 CFU/g	<10 CFU/g	Eurofins
Yeast	<1,000 CFU/g	<10 CFU/g	Eurofins
Escherichia coli	Non-Detectable	Not Detected	Eurofins
Salmonella spp.	Non-Detectable	Not Detected	Eurofins
Staphylococcus aureus	Non-Detectable	Not Detected	Eurofins
Method: USP < 2021, 2022 >			
Heavy Metal Analysis	US FDA Daily Limit	mcg = microgram	
Arsenic	130 mcg	<0.090 mcg	Eurofins
Cadmium	55 mcg	<0.045 mcg	Eurofins
Mercury	20 mcg	<0.045 mcg	Eurofins
Lead	75 mcg	0.134 mcg	Eurofins
Method: ICP-MS			

Reviewed & Approved: Quality Control Staff

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