



CERTIFICATE OF ANALYSIS

CTFO2023 CTFO Vanilla Extreme Shake

Lot# 3478

Expiration Date 8/25

	Method	Specifications	
Appearance	Visual	Med Shade Brown Powder	Conforms
Color	Visual	Med. Shade Brown	Conforms

	Method	Specifications	Results	
Vitamin A (Palmitate)	Calculation	900 mcg RAE	900 mcg RAE	Conforms
Vitamin C (Ascorbate Acid)	Calculation	180 mg	180 mg	Conforms
Vitamin D-3(Cholcalciferol)	Calculation	20 mcg	20 mcg	Conforms
Vitamin E (Alpha-tocopherol)	Calculation	15 mg	15 mg	Conforms
Vitamin B-1(Thiamine)	Calculation	1.2 mg	1.2 mg	Conforms
Vitamin B-2 (Riboflavin)	Calculation	1.3 mg	1.3 mg	Conforms
Niacin (Niacinamide)	Calculation	16 mg NE	16 mg NE	Conforms
Vitamin B-6 (Pyridoxine)	Calculation	1.7 mg	1.7 mg	Conforms
Folate/Folic Acid	Calculation	400 mcg DFE	400 mcg DFE	Conforms
Vitamin B-12 (Cyanocobalamin)	Calculation	2.4 mcg	2.4 mcg	Conforms
Biotin	Calculation	30.0 mcg	30 mcg	Conforms
Pantothenic Acid (D-Calcium Pantothenate)	Calculation	5.0 mg	5 mg	Conforms
Calcium (Citrate/Carbonate)	Calculation	239.0 mg	239 mg	Conforms
Phosphorus (Whey Protein)	Calculation	62.0 mg	62 mg	Conforms
Iodine (Kelp)	Calculation	75.0 mcg	75 mcg	Conforms
Magnesium (Ascorbate)	Calculation	70.0 mg	70 mg	Conforms
Zinc (Ascorbate)	Calculation	11.0 mg	11 mg	Conforms
Selenium (Chelate)	Calculation	55.0 mcg	55 mcg	Conforms
Copper (Chelate)	Calculation	1.0 mg	1 mg	Conforms
Manganese (Ascorbate)	Calculation	2.3 mg	2.3 mg	Conforms
Chromium (Nicotinate)	Calculation	61.0 mcg	61 mcg	Conforms
Molybdenum (Ascorbate)	Calculation	38.0 mcg	38 mcg	Conforms
Potassium (Citrate) (Ascorbate)	Calculation	322.0 mg	322 mg	Conforms
Sodium (Chloride)	Calculation	349.0 mg	349 mg	Conforms
Protein Blend	Calculation	15.6 g		Conforms

Whey Protein Concentrate, Milk Protein Isolate

Collagen Blend 3.3 g

Hydrolyzed Collagen (Grass-Fed Beef), Hydrolyzed Collagen (Chicken), Hydrolyzed Collagen (Fish), Hyaluronic Acid

Prebiotic/Probiotic Blend 7.3 g

Maltodextrin, Tricaloid® Ultrasmooth CL, Lactobacillus (6 billion/GM), Fibersol, Inulin

CTFO Extreme Shake Proprietary Blend

1.8 g

MCT (Medium Chain Triglycerides), Coconut Powder, Sensoril (Ashwagandha Leaf and Root Extract)

Other ingredients: Natural Flavors, Erythritol, Stevia Extract, Salt, Silica

Allergen Statement:

This product does not contain any known allergens.

3rd party testing - #24DL03921

Microbial Analysis

Total Plate Count	AOAC 990.12	<30000 CFU/g	<10 CFU/G	Conforms
Total Yeast & Mold	AOAC 2014.05	<100 CFU/g	<10 CFU/g	Conforms
Total Coliform	AOAC 991.14	<100 CFU/g	<10 CFU/g	Conforms
E. Coli	AOAC-RI 050601	Negative in 10g	Negative in 10g	Conforms
Salmonella	AOAC 020502	Negative in 10g	Negative in 10g	Conforms

I certify that the results stated on this Certificate of Analysis are true and accurate.



Marlene Watwood- QC Director

August-2023

Date