

# Product Specification

|  |                  |
|--|------------------|
| Product Name                                 | Evening Complex  |
| Suggested Dosage                             | 2 per Day        |
| Suggested Directions for Use                 | Oral             |
| ERA Product Code                             | CM1T2063         |
| Version, Revision Date and Reason for Change | 1.0 (15.03.2024) |

## Finished Product/Form Specification

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| Size                                | #00 Capsule                         |
| Appearance                          | Transparent Capsule with White Fill |
| Uncoated Weight (mg)                | 665mg                               |
| Total Weight (mg)                   | 785mg                               |
| Uniformity of Content and Unit Mass | ± 10%                               |
| Disintegration                      | < 30 minutes                        |
| Friability                          | -                                   |

## Additional information

|                          |  |
|--------------------------|--|
| Suitable for Vegetarians | Yes  |
| Suitable for Vegans      | Yes  |
| Best Before Date         | Two Years from Date of Manufacture               |
| Storage Conditions       | Store in a cool, dry area away from light & heat |

## Microbiology, PAH, Pesticides and Heavy Metals

|                            |                                     |
|----------------------------|-------------------------------------|
| Total Viable Aerobic Count | Not more than 10 <sup>5</sup> cfu/g |
| Coliforms                  | Not more than 10 <sup>3</sup> cfu/g |
| Yeast                      | Not more than 10 <sup>4</sup> cfu/g |
| Mould                      | Not more than 10 <sup>4</sup> cfu/g |
| Escherichia coli           | Absence in 10g                      |
| Salmonella                 | Absence in 25g                      |
| Heavy Metals               | Not more than 10ppm                 |
| PAH                        | ≤50µg/kg                            |
| Pesticides                 | Complies to EU regulations          |



Customisations



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Quality


 Speed  
to Market

 Cost-Effective  
Production

 Marketing  
Support

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## Ingredients

|    | Raw Material                       | Source          | Function          | Label Claim                            |
|----|------------------------------------|-----------------|-------------------|--|
| 1  | Magnesium Bisglycinate             | Synthetic       | Active            | 120mg Magnesium                        |
| 10 | Purple Passionflower Extract 10:1  | Plant           | Active            | 1mg Purple Passionflower Extract 10:1  |
| 8  | Siberian Ginseng Root Extract 10:1 | Plant           | Active            | 1mg Siberian Ginseng Root Extract 10:1 |
| 9  | Hop Extract 10:1                   | Plant           | Active            | 1mg Hop Extract 10:1                   |
| 11 | Lemon Balm Extract 4:1             | Plant           | Active            | 1mg Lemon Balm Extract 4:1             |
| 12 | Potassium Iodide                   | Synthetic       | Active            | 100mcg Iodine                          |
| 3  | L-Tryptophan                       | Synthetic       | Active            | 50mg L-Tryptophan                      |
| 4  | Calcium Carbonate DC               | Mineral         | Bulking Agent     | N/A                                    |
| 5  | Cellulose Microcrystalline P101    | Plant           | Bulking Agent     | N/A                                    |
| 6  | Magnesium Stearate                 | Synthetic       | Anti-Caking agent | N/A                                    |
| 7  | Silicon Dioxide                    | Synthetic       | Anti-Caking agent | N/A                                    |
| 2  | HydroxyPropylMethylCellulose       | Synthetic/Plant | Capsule           | N/A                                    |

All inputs calculations is based on Raw Material supplier specifications and CoA



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## Food Intolerance Data/ Allergen Labelling

| Is the Product Free From:  | Yes | No | Details |
|--|-----|----|---------|
| Celery Or Celery Derivatives   | X   |    |         |
| Celeriac or Celeriac Derivatives   | X   |    |         |
| Cereals containing Gluten (protein derived from Wheat, Rye, Barley, Oats, Spelt and Kamut)       | X   |    |         |
| Crustaceans or Crustaceans Derivatives (Lobster, Crab, Prawns, Shrimps, Langoustines etc)        | X   |    |         |
| Egg or Egg Derivatives   | X   |    |         |
| Fish or Fish Derivatives   | X   |    |         |
| Lupin or Lupin Derivatives   | X   |    |         |
| Milk or Milk Derivatives (including Lactose)   | X   |    |         |
| Molluscs or Mollusc Derivatives (Oyster, Squid, Cockles, mussels, Scallops, Snails etc)          | X   |    |         |
| Nuts or nut Derivatives (Including any possible sources of cross contamination)                  | X   |    |         |
| Nut derived oils   | X   |    |         |
| Peanuts or Peanut Derivatives  | X   |    |         |
| Mustard and Mustard Derivatives  | X   |    |         |
| Sesame seed or Sesame seed Derivatives   | X   |    |         |
| Soya and Soya Derivatives  | X   |    |         |
| Sulphur Dioxide and Sulphites at levels above 10mg/kg or 10mg/Litre expressed as SO <sub>2</sub> | X   |    |         |
| Any other potential allergenic substances:   | X   |    |         |

This product conforms to regulation (EC) No: 1881/2006 setting maximum levels for certain contaminants in food stuff, (EC) No: 396/2005 setting maximum residue levels of pesticides in food and (EC) No: 1169/2011 food allergen labelling

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