

# Product Specification

Product Name	Ashwagandha 7000mg
Suggested Dosage	1 per Day
Suggested Directions for Use	Oral
ERA Product Code	RM1C2138
Version, Revision Date and Reason for Change	1.0 (03.12.2022)

## Finished Product/Form Specification

Size	#00 HPMC capsule
Appearance	Brown fill in a Clear Two Piece Capsule
Uncoated Weight (mg)	520mg
Total Weight (mg)	640mg
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



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## Ingredients

	Raw Material	Source	Function	Label Claim
1	Ashwagandha Extract 18:1	Plant	Active	Ashwagandha Extract 390mg (is equivalent to 7000mg Ashwagandha)
3	Cellulose Microcrystalline	Mineral	Bulking Agent	N/A
4	Magnesium Stearate	Plant	Anti-Caking agent	N/A
2	Caps HPMC Veg #00	Plant/Synthetic	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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