

Prepared For

Customer GLYM Nutrition
 Email info@glymnutrition.com
 Phone
 Address

Lab Contact

Name Light Labs Support
 Email support@lightlabs.com
 Phone (737) 237-8951
 Address 600 South Wagner Road, #400
 Ann Arbor, MI 48103

General Information

Name RETAIN, Default
 Lot 2604090
 Notes

Date Received 2026-08-20
 Date Tested 2026-08-24
 Test 85566
 Order 9890

Assay Creatine
 Method LLMTDL (HPLC)
 Location In-house
 Serving Size 14.62 g
 Lab Reported Serving Size 14.62 g

Analyte	LOQ	Specification	Result	Status
Creatine	-	-	-	-
Creatine Ethyl Ester HCl	-	-	-	-
Creatine Gluconate	-	-	-	-
Creatine HCl	-	-	-	-
Creatine Monohydrate	0.06 g/serving (62.9 mg/serving)	-	5.38 g/serving (5,380 mg/serving)	-
Creatine Nitrate	-	-	-	-
Creatinine	895.92 ppm (13.1 mg/serving)	-	< 895.92 ppm (< 13.1 mg/serving)	-
Di-Creatine malate	-	-	-	-
Dicyandiamide	1,137.86 ppm (16.64 mg/serving)	-	< 1,137.86 ppm (< 16.64 mg/serving)	-
Tri-Creatine malate	-	-	-	-

Results Approved By


Lev Spivak-Birndorf
 Lab Director

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Date Received 2026-08-20
 Date Tested 2026-08-24
 Test 85895
 Order 9890

Assay Rapid Micro Panel
 Method USP
 Location Outsourced
 Serving Size 14.62 g

Analyte	LOQ	Specification	Result	Status
E. Coli	-	-	ND	-
Rapid Total Mold Count	10 CFU/g	-	< 10 CFU/g	-
Rapid Total Yeasts Count	10 CFU/g	-	< 10 CFU/g	-
Salmonella	-	-	ND	-
Staphylococcus Aureus	-	-	ND	-
Total Coliforms	10 CFU/g	-	< 10 CFU/g	-
Total Plate Count	10 CFU/g	-	< 10 CFU/g	-

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Lot 2604090
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Date Received 2026-08-20
Date Tested 2026-08-24
Test 85903
Order 9890

Assay Heavy Metals
Method LLMTDA1 (ICPMS)
Location In-house
Serving Size 14.62 g
Lab Reported Serving Size 14.62 g

Analyte	LOQ	Specification	Result	Status
Arsenic	0.69 ppb (0.01 mcg/serving)	≤ 10 mcg/serving	5.07 ppb (0.07 mcg/serving)	In-Spec
Cadmium	0.12 ppb (0.002 mcg/serving)	≤ 4.1 mcg/serving	ND	In-Spec
Lead	1.97 ppb (0.03 mcg/serving)	≤ 0.5 mcg/serving	3.21 ppb (0.05 mcg/serving)	In-Spec
Mercury	0.76 ppb (0.01 mcg/serving)	≤ 0.3 mcg/serving	ND	In-Spec

LLMTDA is a method developed at Light Labs, Ann Arbor MI to test heavy metals in food and dietary supplement products. The method is modified from FDA EAM 4.7 and uses similar sample preparation and analytical techniques to those described in EAM. Microwave assisted digestion in mineral acids is used to prepare samples for heavy metal analysis by triple quadrupole inductively coupled plasma mass spectrometry (ICP-MS/MS). LLMTDA is part of Light Labs' scope of ISO 17025 accredited methods.

Results Approved By



Lev Spivak-Birndorf
Lab Director

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