HAMILTON

AB 079

TEST REPORT NO 175587/25/GDY

Client		Sample (according to declaration of Client)
NÀDARRA GmbH Harvestehuder Weg 48 20149 Hamburg		Sample description: Erholung Nadarra, 120 capsules Batch: ERN/26022025 Production date: 26.02.2025 Expiry date: 26.02.2027
Sample reception date:	15.03.2025	Sample status: no objections
Start of analysis	26.03.2025	
End of analysis	27.03.2025	Sample received from the Client
Test report date	27.03.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
* Vitamin B2 (ryboflavin) [1,2,3,4] PN-EN 14152:2014-07				
Vitamin B_2 (ryboflavin)	mg/dose	1,59 ± 0,32	1,4 (+50%/-20%)	Pass

1) Capsule weight declared by the Client: 800 mg.

2) Dose declared by the Client: 2 capsules.

3) Guidance Document for competent authorities for the control of compliance with EU legislation on: Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004 and Council Directive 90/496/EEC of 24 September 1990 on nutrition labelling of foodstuffs and Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 on the approximation of the laws of the Member States relating to food supplements with regard to the setting of tolerances for nutrient values declared on a label, December 2012. Table 2.

4) Client specification.

Authorized by:
ID: 127, Analysis Expert, Vitamin Analysis Laboratory

The test report bears the certified electronic seal of J.S. Hamilton Poland Sp. z o.o.

Laboratory address:
Chwaszczyńska 180, 81-571 Gdynia

* Test method accredited
# Test performed by external provider

THE END OF THE REPORT

HAMILTON

AB 079

TEST REPORT NO 175588/25/GDY

Client		Sample (according to declaration of Client)
NÀDARRA GmbH Harvestehuder Weg 48 20149 Hamburg		Sample description: Erholung Nadarra, 120 capsules Batch: ERN/26022025 Production date: 26.02.2025 Expiry date: 26.02.2027
Sample reception date:	15.03.2025	Sample status: no objections
Start of analysis	26.03.2025	
End of analysis	27.03.2025	Sample received from the Client
Test report date	27.03.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
* Vitamin B6 [1,2,3,4] PN-EN 14164:2014-08				
Vitamin B_6 (pyridoxine hydrochloride)	mg/dose	1,38 ± 0,28	-	-
Vitamin B6 (pyridoxine)	mg/dose	1,14 ± 0,23	1,4 (+50%/-20%)	Pass

1) Dose declared by the Client: 2 capsules.

2) Capsule weight declared by the Client: 800 mg.

3) Guidance Document for competent authorities for the control of compliance with EU legislation on: Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004 and Council Directive 90/496/EEC of 24 September 1990 on nutrition labelling of foodstuffs and Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 on the approximation of the laws of the Member States relating to food supplements with regard to the setting of tolerances for nutrient values declared on a label, December 2012. Table 2.

4) Client specification.

Authorized by:
ID: 758, Analysis Expert, Vitamin Analysis Laboratory

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Laboratory address:
Chwaszczyńska 180, 81-571 Gdynia

The results refer only to the samples received. When a measurement uncertainty is given, it is an expanded uncertainty estimated for a coverage factor k=2 at 95% confidence level and is not including sampling uncertainty, unless otherwise stated. When the conformity is stated J.S. Hamilton Poland Sp. z o.o. applies the simple acceptance decision rule in accordance with ILAC-G8:09/2019, unless otherwise reported. If the "result" column of the accredited method contains a record: "<" or ">", it means, that it is the test outcome directly related to the lower or upper limit of the measuring range of the accredited method, whereas the given expanded measurement uncertainty relates only to the lower or upper limit of the measuring range of the accredited method respectively. In such a case, the Laboratory presents the opinion and interpretation in the "statement of conformity" column, which is based on the obtained test outcome. This test report may not be copied in part without the prior written permission of J.S. Hamilton Poland Sp. z o.o. The responsibility of J.S. Hamilton Poland Sp. z o.o. is limited solely to the data issued in its original. J.S. Hamilton Poland Sp. z o.o. does not permit the use of the PCA accreditation symbol AB 079 by customers, subcontractors, external service providers and other third parties. For further information please refer to the PCA document - DA-02. The service confirmed by this report is subject to the General Terms and Conditions of Services of J.S. Hamilton Poland Sp. z o.o. published on www.hamilton.com.pl.

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# Test performed by external provider

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GBAPOLSKA

ANALYTICAL LABORATORIES
microbiology - physicochemistry - sensory

GBA POLSKA Sp. z o.o.
Member of GBA GROUP
ul. Mochtyńska 65, 03-289 Warsaw, Poland

AB 1095

TEST REPORT No: B/0/03/2025/551/F/1/EN

Customer: Nadarra GmbH 20149 Hamburg, Harvestehuder Weg 48

Order No: B/0/03/2025/551

A - accredited methodology (accreditation no. AB 1095); reference – if the law so provides (the result can be used to assess compliance in the legally regulated area).

Material/product tested:	**Dietary supplements**
Sample collection address:	
Product name:	***Erholung Nadarra, 120 capsules*** **Date*: 13 March 2025**
Producer:	*Nadarra GmbH*
Date of production:	*26.02.2025*
Lot number:	*ERN/26022025*
Sampling according to: - Samples transported by: Shipping	Received by: GBA POLSKA employee no.: 2729
Sample no: 24486/03/25 Sample condition: correct	Analysis start date: 13-03-2025 Analysis end date: 25-03-2025

Lab.	Analyzed parameter	Unit	Accred.	Test method	Requirement	Result	U	S	OI
M	Vitamin B12 content (as methylcobalamin)	µg/100g	A	PB-304/LF ed. 2 of 26.03.2025	no requirements	629	126	-	-

Remarks:

Information from the Client-expected content of Vitamin B12 in the form of methylcobalamin: 5 ug/ capsule, 10 ug/ daily dose. Daily dose 2 capsules. Capsule weight 800mg.

Vitamin B12-Me = 5.03 +/-1.01 µg/caps (800mg).

Created on:	Authorized result:	Authorized Test report:	
25-03-2025	GBA POLSKA employee no.: 2522	Documentation specialist for the food testing industry GBA POLSKA employee no: 2942	Signed with a qualified electronic signature

Report prepared in a single copy **Original of PDF: Customer, copy of PDF to: Laboratory archive**

The end of the Test Report

HAMILTON

AB 079

TEST REPORT NO 175584/25/GDY

Client		Sample (according to declaration of Client)
NÀDARRA GmbH Harvestehuder Weg 48 20149 Hamburg		Sample description: Erholung Nadarra, 120 capsules Batch: ERN/26022025 Production date: 26.02.2025 Expiry date: 26.02.2027
Sample reception date:	15.03.2025	Sample status: no objections
Start of analysis	20.03.2025	
End of analysis	21.03.2025	Sample received from the Client
Test report date	21.03.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
* Magnesium (Mg) [1,2,3,4] PB-36/ICP ed. 8 of 29.12.2022	mg/dose	121 ± 31	120 (-20%/+45%)	Pass

1) Capsule weight declared by the Client: 800 mg.

2) Dose declared by the Client: 2 capsule.

3) Packaging label.

4) Guidance Document for competent authorities for the control of compliance with EU legislation on: Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004 and Council Directive 90/496/EEC of 24 September 1990 on nutrition labelling of foodstuffs and Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 on the approximation of the laws of the Member States relating to food supplements with regard to the setting of tolerances for nutrient values declared on a label, December 2012. Table 2.

Authorized by:
ID: 371, Senior Analysis Specialist, Spectrometry Laboratory

The test report bears the certified electronic seal of J.S. Hamilton Poland Sp. z o.o.

Laboratory address:
Chwaszczyńska 180, 81-571 Gdynia

The results refer only to the samples received. When a measurement uncertainty is given, it is an expanded uncertainty estimated for a coverage factor k=2 at 95% confidence level and is not including sampling uncertainty, unless otherwise stated. When the conformity is stated J.S. Hamilton Poland Sp. z o.o. applies the simple acceptance decision rule in accordance with ILAC-G8:09/2019, unless otherwise reported. If the "result" column of the accredited method contains a record: "<" or ">", it means, that it is the test outcome directly related to the lower or upper limit of the measuring range of the accredited method, whereas the given expanded measurement uncertainty relates only to the lower or upper limit of the measuring range of the accredited method respectively. In such a case, the Laboratory presents the opinion and interpretation in the "statement of conformity" column, which is based on the obtained test outcome. This test report may not be copied in part without the prior written permission of J.S. Hamilton Poland Sp. z o.o. The responsibility of J.S. Hamilton Poland Sp. z o.o. is limited solely to the data issued in its original. J.S. Hamilton Poland Sp. z o.o. does not permit the use of the PCA accreditation symbol AB 079 by customers, subcontractors, external service providers and other third parties. For further information please refer to the PCA document - DA-02. The service confirmed by this report is subject to the General Terms and Conditions of Services of J.S. Hamilton Poland Sp. z o.o. published on www.hamilton.com.pl.

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HAMILTON

TEST REPORT NO 175586/25/GDY

Client		Sample (according to declaration of Client)
NÀDARRA GmbH Harvestehuder Weg 48 20149 Hamburg		Sample description: Erholung Nadarra, 120 capsules Batch: ERN/26022025 Production date: 26.02.2025 Expiry date: 26.02.2027
Sample reception date:	15.03.2025	Sample status: no objections
Start of analysis	24.03.2025	
End of analysis	14.04.2025	Sample received from the Client
Test report date	14.04.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
# Hydroxytryptophan (5-HTP) [1] SOP 3.1.76	mg/dose	45,43 ± 2,27	-	-

1) Dose declared by the Client: 1600 mg.

Test: Hydroxytryptophan (5-HTP) was performed in laboratory Certified Laboratories, Inc. Tustin United States of America

Authorized by:
ID: 1091, Laboratories Communication Specialist, Cooperation with Laboratories Section

The test report bears the certified electronic seal of J.S. Hamilton Poland Sp. z o.o.

The results refer only to the samples received. When a measurement uncertainty is given, it is an expanded uncertainty estimated for a coverage factor k=2 at 95% confidence level and is not including sampling uncertainty, unless otherwise stated. When the conformity is stated J.S. Hamilton Poland Sp. z o.o. applies the simple acceptance decision rule in accordance with ILAC-G8:09/2019, unless otherwise reported. If the "result" column of the accredited method contains a record: "<" or ">", it means, that it is the test outcome directly related to the lower or upper limit of the measuring range of the accredited method, whereas the given expanded measurement uncertainty relates only to the lower or upper limit of the measuring range of the accredited method respectively. In such a case, the Laboratory presents the opinion and interpretation in the "statement of conformity" column, which is based on the obtained test outcome. This test report may not be copied in part without the prior written permission of J.S. Hamilton Poland Sp. z o.o. The responsibility of J.S. Hamilton Poland Sp. z o.o. is limited solely to the data issued in its original. J.S. Hamilton Poland Sp. z o.o. does not permit the use of the PCA accreditation symbol AB 079 by customers, subcontractors, external service providers and other third parties. For further information please refer to the PCA document - DA-02. The service confirmed by this report is subject to the General Terms and Conditions of Services of J.S. Hamilton Poland Sp. z o.o. published on www.hamilton.com.pl.

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HAMILTON

TEST REPORT NO 175585/25/GDY

Client		Sample (according to declaration of Client)
NÀDARRA GmbH Harvestehuder Weg 48 20149 Hamburg		Sample description: Erholung Nadarra, 120 capsules Batch: ERN/26022025 Production date: 26.02.2025 Expiry date: 26.02.2027
Sample reception date:	15.03.2025	Sample status: no objections
Start of analysis	24.03.2025	
End of analysis	22.04.2025	Sample received from the Client
Test report date	22.04.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
# Gamma aminobutyric acid (GABA) [1] Internal method	mg/dose	199,89 ± 9,99	-	-

1) Dose declared by the Client: 2 capsules.

Test: Gamma aminobutyric acid (GABA) was performed in laboratory Certified Laboratories, Inc. Tustin United States of America

Authorized by:
ID: 1091, Laboratories Communication Specialist, Cooperation with Laboratories Section

The test report bears the certified electronic seal of J.S. Hamilton Poland Sp. z o.o.

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