HAMILTON

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST · ilac-MRA · PCA Polskie Centrum Akredytacji BADANIA 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

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST · ilac-MRA · PCA Polskie Centrum Akredytacji BADANIA 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

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

GBA POLSKA — ANALYTICAL LABORATORIES
microbiology - physicochemistry - sensory

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

ilac-MRA · PCA Polskie Centrum Akredytacji BADANIA 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	-	-

Date* - depending on the method of obtaining the sample by GBA POLSKA, it is the date of: collection (when the sample is collected only by a GBA POLSKA employee) or receipt (when the sample is collected from the Customer by a GBA POLSKA employee, is delivered by a courier company or delivered personally by the Customer).
U - expanded measurement uncertainty at the level of confidence app. 95% and the coverage factor k=2, does not take into account the sampling uncertainty, except when indicated in the remarks. Measurement uncertainty is provided when it is important for the reliability of test results or compliance with requirements/specifications and at the request of the Customer. The "test results" lower or higher than the measuring ranges of the methods are presented as "<value of the lower limit of the measuring range " or "> value of the upper limit of the measuring range", respectively. These values provide information about the research results. If expanded uncertainties are given with these test results, they apply to the lower or upper limit of the measuring range of the method.
S – Statements of Conformity with the requirements or specifications relating to the results for the parameters indicated in a given row, where CONFORMING means conformity and NON CONFORMING means non-conformity with specification. The decision rules agreed with the Customer and the risks associated with it, as well as the identification of which specifications, standards or parts thereof are met and which are not, are provided in the Remarks. In case of obtaining the "test results", the Statements of Conformity for those "test results" that are meet the requirements of PCA Communication No. 353 of August 24, 2021, it is carried out as part of the opinion and interpretation.
OI - opinion and interpretation of the Laboratory in relation to the qualitative results/results obtained below/above the method range, where MEET means complying with the requirements and NOT MEET means not complying with the requirements.
The results refer only to the tested samples (sampled or received - in accordance with the information presented in the Test Report).
The information in italics included in the Test Report was provided by the Customer. The laboratory is not responsible for this information. The laboratory is not resposible for the method of sampling and the representativeness of the samples provided by the Customer for testing.
The Test Report without the written approval of the Laboratory shall not be reproduced except in full.
The Laboratory does not store the samples after testing, unless otherwise agreed with the Customer.
Place of performance of the tests ("Lab."): L - Lajski, ul. Kościelna 2a, 05-119 Legionowo, L - ul. Doświadczalna 50a, 20-280 Lublin, M - ul. Fabryczna 7, 41-404 Mysłowice, P – ul. Kazimierza Tymienieckiego 34, 60-681 Poznań, PS - in situ measurement.

NOTE: Original Test Report are issued in electronic form with the *.pdf extension, signed with a qualified electronic signature. Therefore, all prints, unless certified as true copies, are copies.

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

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST · ilac-MRA · PCA Polskie Centrum Akredytacji BADANIA 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

* Test method accredited
# Test performed by external provider

THE END OF THE REPORT

HAMILTON

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST

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.

* Test method accredited
# Test performed by external provider

THE END OF THE REPORT

HAMILTON

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST

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.

* Test method accredited
# Test performed by external provider

THE END OF THE REPORT

HAMILTON

FOSFA INTERNATIONAL · Gafta APPROVED ANALYST

TEST REPORT NO 175589/25/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	13.05.2025	Sample received from the Client
Test report date	13.05.2025	

Test Method	Unit	Result	Criteria	Statement of conformity
* # 5-methyltetrahydrofolate (5-MTHF) [1) 2) 3) 4) 5)] USP 41/ NF 36 method 1 mod. / LC-DAD				
Methyltetrahydrofolate (5-MTHF)	µg/dose	< 160	400	-

1) Dose declared by the Client: 2 capsules.

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

3) Client requirements.

4) Undefined threshold values.

5) The symbol "<" means below the limit of quantification of the analytical method.

Test: 5-methyltetrahydrofolate (5-MTHF) was performed in laboratory with an accreditation number 581

Authorized by:
ID: 438, Senior Analysis Specialist, Cooperation with Laboratories Section

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

* Test method accredited
# Test performed by external provider

THE END OF THE REPORT