



CERTIFICATE OF ANALYSIS

Verified in accordance with the 5 Nation Standard™

Batch Information

Product Name	Muscle Memory Creatine Unflavored 30 Servings
Batch / Lot No.	S260508B
Item Number:	MUS-UN-20
Total Serving:	30
Serving Size:	7.4 g
Label Version	MUS-UN-20-L01-26-EV
Manufacture Date	5/8/2026
Expiration Date	5/8/2028
Review Date	7/20/2026
Tested by	Independent ISO 17025-Certified Laboratories
Verified by	Takeshi Cruz

Purity

Tested for contaminants, heavy metals, and pesticides using validated international methods. Inspired by the U.S. (USP, AOAC), Germany (BfR & BVL), Switzerland (Swissmedic, FSVO):

Composition

Parameter	Specification	Result	Method	Reference**
Arsenic, Inorganic	NMT 10 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	TR-260518-E05-09
Lead	NMT 0.5 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	TR-260518-E05-09

Cadmium	NMT 4.1 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	TR-260518-E05-09
Mercury, Total	NMT 0.3 µg per daily serving	Meets Specification	AOAC, USP, or equivalent	TR-260518-E05-09

Microbial

Parameter	Specification	Result	Method	Reference**
Total Plate Count	NMT 10,000 CFU/g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02
Yeast and Mold Counts	NMT 1,000 CFU/g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02
Total Coliforms Count	NMT 100 CFU/g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02
E.Coli	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02
Staphylococcus Aureus	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02
Salmonella	Absent in 10g	Meets Specification	AOAC, USP, or equivalent	TR-260705-E05-02

Solvents

Solvent Residue	Specification	Result	Method	Reference**
Class 1 - 1,1,1-Trichloroethane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 1 - 1,1-Dichloroethene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 1 - 1,2-Dichloroethane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 1 - Benzene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 1 - Carbon Tetrachloride	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - 1,2-Dichloroethene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - 1,2-Dimethoxyethane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - 1,4-Dioxane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Acetonitrile	NMT 50 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Chlorobenzene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Chloroform	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Cyclohexane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09

Class 2 (Mix A & B) - Hexane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Methanol	NMT 50 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Methylbutylketone	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Methylcyclohexane	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Methylene Chloride	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Nitromethane	NMT 50 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Pyridine	NMT 200 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Tetrahydrofuran	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Tetralin	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Toluene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Trichloroethylene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 2 (Mix A & B) - Xylene	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 3 - Ethanol	NMT 5,000 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 3 - Acetone	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 3 - Isopropanol	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09
Class 3 - Ethyl acetate	NMT 1 ppm	Meets Specification	USP <467>	TR-260518-E05-09

Pesticide Screen

Pesticide	Specification	Result	Method	Reference**
Acephate	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Aldrin and dieldrin (sum of)	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Azinphos-ethyl	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Azinphos-methyl	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Bromide, inorganic (calculated as bromide ion)	NMT 125 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Bromophos-ethyl	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Bromophos-methyl	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Bromopropylate	NMT 3 ppm	Meets Specification	USP <561>	TR-260518-E05-09

Chlordane (sum of cis-, trans-, and oxychlordane)	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Chlorfenvinphos	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Chlorpyrifos-ethyl	NMT 0.2 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Chlorpyrifos-methyl	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Chlorthal-dimethyl	NMT 0.01 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Cyfluthrin (sum of)	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
λ -Cyhalothrin	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Cypermethrin and isomers (sum of)	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
DDT (sum of o,p'-DDE, p,p'-DDE, o,p'-DDT, p,p'-DDT, o,p'-TDE, and p,p'-TDE)	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Deltamethrin	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Diazinon	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Dichlofluanid	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Dichlorvos	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Dicofol	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Dimethoate and omethoate (sum of)	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Dithiocarbamates (expressed as CS ₂)	NMT 2 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Endosulfan (sum of isomers and endosulfan sulphate)	NMT 3 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Endrin	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Ethion	NMT 2 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Etrimpfos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fenchlorophos (sum of fenchlorophos and fenchlorophos-oxon)	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fenitrothion	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fenpropathrin	NMT 0.03 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fensulfothion (sum of fensulfothion, oxon, sulfone, and oxon sulfone)	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fenthion (sum of fenthion and metabolites)	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fenvalerate	NMT 1.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Flucythrinate	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
γ -Fluvalinate	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Fonophos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09

Heptachlor (sum of heptachlor, cis- and trans-heptachlorepoxyde)	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Hexachlorbenzene	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Hexachlorocyclohexane (sum of α , β , γ , δ isomers)	NMT 0.3 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Lindane (γ -hexachlorocyclohexane)	NMT 0.6 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Malathion and malaoxon (sum of)	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Mecarbam	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Methacriphos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Methamidophos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Methidathion	NMT 0.2 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Methoxychlor	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Mirex	NMT 0.01 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Monocrotophos	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Parathion-ethyl and paraoxon-ethyl (sum of)	NMT 0.5 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Parathion-methyl and paraoxon-methyl (sum of)	NMT 0.2 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Pendimethalin	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Pentachloranisole	NMT 0.01 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Permethrin and isomers (sum of)	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Phosalone	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Phosmet	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Piperonyl butoxide	NMT 0.3 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Pirimiphos-ethyl	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Pirimiphos-methyl (sum of pirimiphos-methyl and N-desethyl-pirimiphos-methyl)	NMT 4 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Procymidone	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Profenophos	NMT 0.1 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Prothiophos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Pyrethrum (sum of cinerin I/II, jasmolin I/II, pyrethrin I/II)	NMT 3 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Quinalphos	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Quintozone (sum of quintozone, pentachloraniline, methyl pentachlorophenyl sulfide)	NMT 1 ppm	Meets Specification	USP <561>	TR-260518-E05-09

S-421	NMT 0.02 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Tecnazene	NMT 0.05 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Tetradifon	NMT 0.3 ppm	Meets Specification	USP <561>	TR-260518-E05-09
Vinclozolin	NMT 0.4 ppm	Meets Specification	USP <561>	TR-260518-E05-09

Strength

Inspired by the U.S.A.'s FDA requirements and Japan's strict label accuracy policies.

We test every production batch to make sure active ingredient strength matches our label claim.

- Many countries and brands allow rounding rules or under-formulation amounts of nutrients; Ora requires a 100% label claim throughout shelf life. Often, our products are formulated with intentional nutritional overages.
- We justify every expiration date with real data — what we call Shelf Life Justification.

Nutritional Information

Parameter	Specification	Result (per serving)	Method	Reference**
Total Carbohydrate*	NLT 0.8 g per serving	Meets Specification	AOAC or equivalent	TR-260615-E05-03
Total Sugars*	NMT 1.2 g per serving	Meets Specification	AOAC 988.12	TR-260615-E05-03
Creatine Monohydrate	NLT 5 g per serving	Meets Specification	AOAC, USP, or equivalent	TR-260518-E05-09

Safety

Inspired by GRAS (Generally Recognized as Safe) regulations in the U.S. and strict allergen labeling laws in Japan

- All ingredients are either GRAS a.k.a. generally recognised as safe, self-affirmed GRAS, or approved under New Dietary Ingredient (NDI) pathways.
- We label major allergens clearly.
- No banned substances, and we avoid excipient ingredients (like fillers and additives) that aren't needed

Allergens

Parameter	Specification	Result (per serving)	Method	Reference**
Gluten Allergen*	NMT 20ppm	Meets Specification	ELISA or equivalent	8814
Crustacean Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814
Egg Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814

Fish Allergen*	Not Detected / NMT 5ppm	Meets Specification	PCR or equivalent equivalent	8814
Milk Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814
Peanut Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814
Tree Nut Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814
Sesame Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814
Soy Allergen*	Not Detected / NMT 5ppm	Meets Specification	ELISA or equivalent equivalent	8814

Remarks:

* Analysis performed on an annual basis.

**All analyses performed by CA State-certified and/or ISO accredited third-party laboratories.

Transparency

Inspired by third-party voluntary programs across all five countries:

- We self-publish batch-specific lab test results for all products.
- We partner with leading third-party laboratories and verification providers.
- Our product standards and testing methods are documented and openly shared.

Laboratory	Accreditation	Method Reference	Report ID
Swift Lab; Light Labs; Certified Group - Tustin	ISO 17025 / third-party accredited	Testing performed in accordance with AOAC, USP, HPLC, ELISA, PCR, and validated equivalent methods	See Reference IDs above



Testing conducted in accordance with Ora's 5 Nation Standard™ — integrating analytical requirements and safety thresholds from Switzerland, Japan, Germany, New Zealand, and the United States.

All results are verified by ISO 17025 accredited third-party laboratories.

QC#

Approved by:

Version

Updated

ORA-CRE-B-30P-002

G. Wong

2.00

November 3, 2025