

QUALITY ALLIANCE
INTERNATIONAL

Micro Creatine™ (Powder)

COMPLIANCE CERTIFICATE

This is to certify that Micro Creatine™, a brand natural health product belonging to Interactive Nutrition International Inc. has been tested by independent laboratories from retail-collected samples within Ontario. This product has been found to comply with all requirements outlined in Quality of Finished Natural Health Products, Natural Health Products Regulations, Canada Gazette, Part II. Mentioned Lot of the product is also tested for prohibited substances according to the International Anti-doping Code and received a Gold Screen certificate from corresponding laboratory in UK. This product has been manufactured under Good Manufacturing Practices (GMP) standards in a plant licenced by the National Regulatory Authority, as set out in part 3 of the Canadian Natural Health Products Regulations. The manufacturer holds a valid licence at the time of this certification.



DESCRIPTION

Product name:	Micro Creatine™
Dosage form:	Powder
Lot number (tested):	7033109
Brand:	Interactive Nutrition
NPN:	80002669 registered in NHPD, Health Canada
Manufacturer:	Interactive Nutrition International Inc.
Manufacturer credential:	Licensed and GMP certified by Health Canada
Sampled from:	Health food store- Ottawa, Canada
Analysis category:	Synthetic duplicates
Analysis result:	Meet the requirements
Doping Code Gold Screen:	Passed

REVIEWED BY

Marco Ribero B.Sc.
Research Associate

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Research Associate

A handwritten signature in black ink, appearing to read 'Amin'.

Amin Jannatkah Pharm.D.
Regional Manager
March 19, 2007

Certificate # 703191

This certificate is subject to the terms and conditions available at www.qainternational.ca/agreement and is valid until April 2008

Quality Alliance International

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QUALITY ALLIANCE INTERNATIONAL

Product name: Micro Creatine™
Dosage form: Powder
Lot number (tested): 703091
Brand: Interactive Nutrition
NPN: 80002669 registered in NHPD, Health Canada
Manufacturer: Interactive Nutrition International Inc.
Manufacturer credential: Licenced and GMP certified by Health Canada
Sampled from: Health food store- Ottawa, Canada
Analysis category: Synthetic duplicates

Form number 06CERT01
Revision 0
Last revision date Dec.20, 2006

Test	Compound	Specification	Result	Corporate laboratory	Report #
Assay (dried basis)	Creatine Monohydrate	Not less than 98.5%	101.5%	Actilab Pharma	62822
Metal Analysis by ICP/MS	Arsenic	<0.14 mcg /kg b.w. /day <0.5 mcg/g	<0.2 ppm*	JR Laboratories Inc.	50742-001
	Cadmium	<0.09 mcg /kg b.w./ day <0.3 mcg/g	<0.05 ppm*	JR Laboratories Inc.	50742-001
	Lead	<0.29 mcg /kg b.w./ day <1 mcg/g	<0.2 ppm*	JR Laboratories Inc.	50742-001
	Mercury	<0.29 mcg /kg b.w./ day <1 mcg/g	0.007 ppm	JR Laboratories Inc.	50742-001
Microbial contaminatio	Total Aerobic Count	<3000 cfu/g	<10 cfu/ g	Gelda Scientific Labs	1428-FEB07
	Yeast	<150 cfu/g	<10 cfu/g	Gelda Scientific Labs	1428-FEB07
	Mold	<150 cfu /g	<10 cfu/g	Gelda Scientific Labs	1428-FEB07
	Escherichia coli	Absent/g	Absent/g	Gelda Scientific Labs	1428-FEB07
	Salmonella spp.	Absent/25g	Absent/25g	Gelda Scientific Labs	1428-FEB07
	Staphylococcus aureus	Absent/g	Absent/g	Gelda Scientific Labs	1428-FEB07
Measuring confirmation	Creatine Monohydrate	100%	100%	Manufacturer record Reviewed by QAIntl.	BMR 7033109
Creatine Impurities	Creatinine	<300ppm	173.9 ppm	Actilab Pharma	62822
	Dicyandiamide	<50 ppm	11.2 ppm	Actilab Pharma	62822
	Dihydrotriazine	Not Detected	Not Detected	Actilab Pharma	62822
Other Tests	Loss on Drying	<12%	10.48%	Actilab Pharma	62822
	Residue on Ignition	<0.1%	0.096%	Actilab Pharma	62822
	Sulfate	<0.1%	<0.1%	Actilab Pharma	62822

* Detection Limit

Note: Subject to all terms and conditions available at www.qainternational.ca

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Test	Compound	Level Detected	Results*	Corporate laboratory	Report#
Gold Screen of Prohibited Substances International Antidoping code	Amphetamine	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	1,4-androstadiene-3,17-dione	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	4-androstene-3,17-dione and/or 5(6)-androstene-3,17-dione	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	4-androstene-3 β ,17 β -diol	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	5 α -androstane-3 β ,17 β -diol	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	5(6)-androstene-3 β ,17 β -diol	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	5 α -androstane-3,17-dione	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	Cathine (norpseudoephedrine)	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Clenbuterol	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Cocaine	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Dehydroepiandrosterone (DHEA)	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	4-estrene-3,17-dione (19-nor-4-androstene-3,17-dione) and/or 5(10)-estrene-3,17-dione (19-nor-5(10)-androstene-3,17-dione) and/or 5(6)-estrene-3,17-dione (19-nor-5(6)-androstene-3,17-dione)	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	4-estrene-3 β ,17 β -diol (19-nor-4-androstene-3 β ,17 β -diol)	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	5(10)-estrene-3 β ,17 β -diol (19-nor-5(10)-androstene-3 β ,17 β -diol)	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	Ephedrine	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Gestrinone	10 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Methylephedrine	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	MDMA (ecstasy)	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
	Nandrolone (19-nor-4-androstene-17 β -hydroxy-3-one)	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571
	Salbutamol	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571
Stanozolol	10 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571	
Strychnine	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571	
Terbutaline	100 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571	
Testosterone	10 ng/g (GCMS)	None were found	HFL-UKAS lab #1187	304571	
Tetrahydrogestrinone (THG)	10 ng/g (LCMS)	None were found	HFL-UKAS lab #1187	304571	

* The above levels are used as reporting levels for the individual drugs. Samples are reported to contain a particular substance if the test indicates its presence at or above the reporting levels. This is subject to an estimated matrix variability factor and laboratory Terms.

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Reviewed by:

Quality Alliance International Assessment team
March 19, 2007

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