

Prepared For

Customer Joi + Blokes
Email lanae@joiandblokes.com
Phone -
Address

Lab Contact

Name Lev Spivak-Birndorf
Email lev@lightlabs.com
Phone (737) 237-8951
Address 600 South Wagner Road, #400
Ann Arbor, MI 48103

General Information

Name Unflavored Creatine Monohydrate Default
Lot 2503025
Notes -

Date Received	2025-11-10	Assay	Heavy Metals
Date Tested	2025-11-11	Method	LLMTDA
Test	29401	Location	In-house
Order	3299	Serving Size	5.0 grams

Analyte	LOQ	Limit	Result	Status
Arsenic	0.72 ppb	2000 ppb	ND	In-spec
Cadmium	0.13 ppb	820 ppb	< 0.13 ppb (< 0.000649 µg/serving)	In-spec
Lead	2.05 ppb	100 ppb	< 2.05 ppb (< 0.010269 µg/serving)	In-spec
Mercury	0.79 ppb	60 ppb	< 0.79 ppb (< 0.003946 µg/serving)	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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