

REPORT OF ANALYSIS



SAMPLE NUMBER: 70300555

BATCH NUMBER: 70300554

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ISS  
 5400 W.T. HARRIS BLVD. SUITE L  
 CHARLOTTE, NC 28269

PRO M3 CHOCOLATE: BEST BY 12/2009, 6K989-0  
 (SERVING SIZE = 3 SCOOPS)

SERVING SIZE = 67.0 GM

ASSAY	CONTENT/100 GM		PER SERVING		% DV / SERVING
CALORIES	391.	CL	262.	CL	
CALORIES FROM FAT	39.7	CL	26.6	CL	
SATURATED FAT	2.23	GM	1.49	GM	7.47
	CALCULATED AS ACIDS				
SUM OF QUANTITATED FATTY ACIDS	4.41	GM	2.95	GM	4.55
	CALCULATED AS TRIGLYCERIDES				
CHOLESTEROL	160.	MG	107.	MG	35.73
SODIUM	113.0	MG	75.71	MG	3.15
TOTAL CARBOHYDRATE	11.2	GM	7.50	GM	2.50
DIETARY FIBER	2.6	GM	1.7	GM	6.97
SUGAR PROFILE					
FRUCTOSE BY HPLC	< .1	GM			
GLUCOSE BY HPLC	.7	GM	.5	GM	
SUCROSE BY HPLC	.1	GM	.07	GM	
MALTOSE BY HPLC	.7	GM	.5	GM	
LACTOSE	3.8	GM	2.5	GM	

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ASSAY	CONTENT/100 GM		PER SERVING		% DV / SERVING
TOTAL SUGAR	5.3	GM	3.6	GM	
PROTEIN(N X 6.38) DUMAS METHOD	76.6	GM	51.3	GM	
VITAMIN A BY HPLC	323.	IU	216.	IU	4.33
VITAMIN C	< 1.0	MG	INVESTIGATION DONE/MEAN OF 3 RESULTS		
CALCIUM	600.0	MG	402.0	MG	40.20
IRON	2.90	MG	1.94	MG	10.79
MOISTURE (100 DEGREE VAC. OVEN	4.5	GM	3.0	GM	
ASH	3.3	GM	2.2	GM	
FATTY ACID AND TRANS FAT BY GC					
TOTAL TRANS FATTY ACIDS	.141	GM	.0945	GM	
	CALCULATED AS ACIDS				
MONOUNSATURATED FAT	1.13	GM	.757	GM	
	CALCULATED AS ACIDS				
POLYUNSATURATED FAT	.70	GM	.47	GM	
	CALCULATED AS ACIDS				

METHOD REFERENCES

CALORIES

United States Department of Agriculture, "Composition of Foods" Agricultural Handbook, No. 8, pp. 159-160, (1975).

CALORIES FROM FAT

Calculation upon request.

SUM OF QUANTITATED FATTY ACIDS

Calculation upon request.

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METHOD REFERENCES (CONTINUED)

CHOLESTEROL

Official Methods of Analysis of AOAC INTERNATIONAL (2000) 17th Ed., AOAC INTERNATIONAL, Gaithersburg, MD, USA, Official Method 994.10. (Modified)

TOTAL CARBOHYDRATE

United States Department of Agriculture, Energy Value of Foods, Agriculture Handbook No. 74, pp. 2-11, (1973).

DIETARY FIBER

Official Methods of Analysis of AOAC INTERNATIONAL, 18th Ed., Method 985.29, AOAC INTERNATIONAL, Gaithersburg, MD, USA, (2005). (Prosky)

SUGAR PROFILE

Official Methods of Analysis of AOAC INTERNATIONAL (2000) 17th Ed., AOAC INTERNATIONAL, Gaithersburg, MD, USA, Official Method 982.14. (Modified)

TOTAL SUGAR

PROTEIN(N X 6.38)DUMAS METHOD

Official Methods of Analysis of AOAC INTERNATIONAL (2005) 18th Ed., AOAC INTERNATIONAL, Gaithersburg, MD, USA, Official Method 968.06. (Modified)

VITAMIN A BY HPLC

Official Methods of Analysis of AOAC INTERNATIONAL, 18th Ed., Methods 974.29, 992.04, AND 992.06, AOAC INTERNATIONAL, Gaithersburg, MD, USA, (2005).  
Thompson, J.N., and Duval, S., "Determination of Vitamin A in Milk and Infant Formula by HPLC," Journal of Micronutrient Analysis, 6:147-159, (1989).

VITAMIN C

Official Methods of Analysis of AOAC INTERNATIONAL, 18th Ed., Method 967.22, AOAC INTERNATIONAL, Gaithersburg, MD, USA, (2005)

MOISTURE (100 DEGREE VAC. OVEN)

Official Methods of Analysis of AOAC INTERNATIONAL, 18th Ed., Methods 925.09 and 926.08, AOAC INTERNATIONAL, Gaithersburg, MD, USA, (2005).

ASH

Official Methods of Analysis of AOAC INTERNATIONAL (2005) 18th Ed., AOAC INTERNATIONAL, Gaithersburg, MD, USA, Official Method 923.03.

FATTY ACID AND TRANS FAT BY GC

Official Methods of Analysis of AOAC INTERNATIONAL (2005) 18th Ed., AOAC INTERNATIONAL, Gaithersburg, MD, USA, Official Method 996.06. (Modified)

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METHOD REFERENCES (CONTINUED)

ICP EMISSION SPECTROMETRY

Official Methods of Analysis of AOAC INTERNATIONAL, (2000) 17th ED., AOAC INTERNATIONAL Gaithersburg, MD, USA, Official Methods 984.27, 985.01.  
Inductively Coupled Plasma-Atomic Emission Spectrometry Analysis of Biological Materials and Soils for Major, Trace, and Ultra-Trace Elements, Applied Spectroscopy, 32:1-29 (1978).