

TEST REPORT

Issued to: RS FIT TRAINING LTD

Suite RA01 195-197 Wood Street, London,
 England, E17 3NU

J.O. No.: FL/AY/18032026-001
 ULR Code: TC5503 26 7 10000183 F
 Issue Date: 23/03/2026
 Sample Receipt Date: 18/03/2026
 Account Manager: BD Team 32
 Credit Manager: Septesh Kumar

Customer Provided Information: #

Nature/Name of the Sample : **Shilajit**
 Batch No. : MG2SSR084
 Mfd Date : AUG 2025
 Best Before : 30 Months

Laboratory Provided Information:

Sample Quantity : 1x20g, Glass Jar
 Date of Performance of Test : 18th -23rd March, 2026



Analysis Report

Physical Description: - Shilajit, Free from foreign contamination.

S. No.	Parameter	Unit	Test Result	FSSR, 2011	Protocol
1	Fulvic Acid	% by wt.	77.80	Not Specified	FL/SOP/AY-034
Nutritional Analysis:					
1	Energy	Kcal/100g	323.23	Not Specified	FL/SOP/FC-02
2	Protein	g/100g	9.97	Not Specified	IS:7219
3	Carbohydrate	g/100g	59.61	Not Specified	IS:1656
4	Sugar	g/100g	ND, [DL-0.5]	Not Specified	FSSAI Manual 4, 2015
5	Sodium	mg/100g	207.77	Not Specified	FL/SOP/11-08

ND = Not Detected; **DL**= Detection Limit

Reviewed By

Page 1 of 4

Authorised Signatory
 Dr. Sammalah, Scientist-C

NOTE: The laboratory accepts the responsibility for content of report. The results contained in this test report pertains only to the sample tested not for the whole lot. Test report shall not be reproduced except in full, without written approval of the laboratory. This report is intended only for your guidance, and not for legal purposes, commercial decision, and for advertisement. Samples will be destroyed after 15 days from the date of issue of test certificate unless otherwise specified. Any complaint about this report should be communicated in writing within 7 days of issue of this report. Total liability at FARELABS Pvt. Ltd. is limited to invoiced amount only. The recipient of this report is requested to kindly confirm with FARE Labs, the authenticity and genuineness of this report at report.confirmation@farelabs.com. FARE Labs is not responsible for any unconfirmed Test Report. If you have any complaint/feedback regarding the sample collection/testing/test report, please send an email at feedback@farelabs.com and call at +91 9312664533. The Sample is not drawn by FARELABS.
#: The details are received from Customer on its own responsibility. FARE Labs does not Confirm about it and hence does not take any responsibility whatsoever.

TEST REPORT

Issued to: RS FIT TRAINING LTD
 Suite RA01 195-197 Wood Street, London,
 England, E17 3NU

J.O. No.: FL/AY/18032026-001
 ULR Code: TC5503 26 7 10000183 F
 Issue Date: 23/03/2026
 Sample Receipt Date: 18/03/2026
 Account Manager: BD Team 32
 Credit Manager: Septesh Kumar

Customer Provided Information: #

Nature/Name of the Sample : **Shilajit**
 Batch No. : MG2SSR084
 Mfd Date : AUG 2025
 Best Before : 30 Months

Laboratory Provided Information:

Sample Quantity : 1x20g, Glass Jar
 Date of Performance of Test : 18th -23rd March, 2026



Analysis Report

S. No.	Parameter	Unit	Test Result	As per API	Protocol
Heavy Metals:					
1	Lead	mg/kg	BLQ, [LOQ-0.05]	NMT 10	FL/SOP/12-08
2	Copper	mg/kg	2.86	Not Specified	FL/SOP/12-08
3	Arsenic	mg/kg	BLQ, [LOQ-0.05]	NMT 3.0	FL/SOP/12-08
4	Zinc	mg/kg	16.80	Not Specified	FL/SOP/12-08
5	Cadmium	mg/kg	BLQ, [LOQ-0.05]	NMT 0.5	FL/SOP/12-08
6	Mercury	mg/kg	BLQ, [LOQ-0.02]	NMT 1.0	FL/SOP/12-08

NMT= Not More Than; BLQ= Below Limit of Quantification; LOQ= limit of Quantification

Navika
 Reviewed By

Mithilesh Kumar
 Authorised Signatory
 Mr. Mithilesh Kumar, Scientist-C

NOTE: The laboratory accepts the responsibility for content of report. The results contained in this test report pertains only to the sample tested not for the whole lot. Test report shall not be reproduced except in full, without written approval of the laboratory. This report is intended only for your guidance, and not for legal purposes, commercial decision, and for advertisement. Samples will be destroyed after 15 days from the date of issue of test certificate unless otherwise specified. Any complaint about this report should be communicated in writing within 7 days of issue of this report. Total liability at FARELABS Pvt. Ltd. is limited to invoiced amount only. The recipient of this report is requested to kindly confirm with FARE Labs, the authenticity and genuineness of this report at report.confirmation@farelabs.com. FARE Labs is not responsible for any unconfirmed Test Report. If you have any complaint/feedback regarding the sample collection/testing/test report, please send an email at feedback@farelabs.com and call at +91 9312664533. The Sample is not drawn by FARELabs.

#: The details are received from Customer on its own responsibility. FARE Labs does not Confirm about it and hence does not take any responsibility whatsoever.

TEST REPORT

Issued to: RS FIT TRAINING LTD
 Suite RA01 195-197 Wood Street, London,
 England, E17 3NU

J.O. No.: FL/AY/18032026-001
 ULR Code: TC5503 26 7 10000183 F
 Issue Date: 23/03/2026
 Sample Receipt Date: 18/03/2026
 Account Manager: BD Team 32
 Credit Manager: Septesh Kumar

Customer Provided Information: #

Nature/Name of the Sample : **Shilajit**
 Batch No. : MG2SSR084
 Mfd Date : AUG 2025
 Best Before : 30 Months

Laboratory Provided Information:

Sample Quantity : 1x20g, Glass Jar
 Date of Performance of Test : 18th -23rd March, 2026



Analysis Report

S. No.	Parameter	Unit	Test Result	FSSR, 2011	Protocol
Banned Pesticides:					
1	Aldicarb	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
2	Aldrin	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
3	Dieldrin	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
4	Chlordane	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
5	Heptachlor	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
6	Lindane (Gamma-HCH)	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
7	Endosulfan	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
8	Carbofuran	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
9	Methomyl	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
10	Phosphamidon	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
11	Captafol	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
12	Formothion	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
13	Simazine	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
14	Diazinon	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
15	2,4-DDD	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
16	4,4-DDD	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
17	2,4-DDE	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
18	4,4-DDE	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
19	2,4-DDT	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
20	4,4-DDT	mg/kg	BLQ, [LOQ-0.01]	NMT 0.05	FL/SOP/05-01
21	Fenitrothion	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
22	Fenthion	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
23	Methyl Parathion	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
24	Ethyl Parathion	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-01
25	Monocrotophos	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/03-01
26	Ferbam as CS2	mg/kg	BLQ, [LOQ-0.01]	NMT 0.01	FL/SOP/05-04

NMT= Not More Than; BLQ= Below Limit of Quantification; LOQ= limit of Quantification

Reviewed By 

Page 3 of 4

Authorised Signatory
 Mr. Mithilesh Kumar, Scientist-C

NOTE: The laboratory accepts the responsibility for content of report. The results contained in this test report pertains only to the sample tested not for the whole lot. Test report shall not be reproduced except in full, without written approval of the laboratory. This report is intended only for your guidance, and not for legal purposes, commercial decision, and for advertisement. Samples will be destroyed after 15 days from the date of issue of test certificate/unless otherwise specified. Any complaint about this report should be communicated in writing within 7 days of issue of this report. Total liability at FARELABS Pvt. Ltd. is limited to invoiced amount only. The recipient of this report is requested to kindly confirm with FARE Labs, the authenticity and genuineness of this report at report.confirmation@farelabs.com. FARE Labs is not responsible for any unconfirmed Test Report. If you have any complaint/feedback regarding the sample collection/testing/test report, please send an email at feedback@farelabs.com and call at +91 9212664533. The Sample is not drawn by FARELABS.
 #: The details are received from Customer on its own responsibility. FARE Labs does not Confirm about it and hence does not take any responsibility whatsoever.

FL/T/GEN/F05

TEST REPORT

Issued to: RS FIT TRAINING LTD

Suite RA01 195-197 Wood Street, London,
 England, E17 3NU

J.O. No.: FL/AY/18032026-001
 ULR Code: TC5503 26 7 10000183 F
 Issue Date: 23/03/2026
 Sample Receipt Date: 18/03/2026
 Account Manager: BD Team 32
 Credit Manager: Septesh Kumar

Customer Provided Information: #

Nature/Name of the Sample
 Batch No.
 Mfd Date
 Best Before

: **Shilajit**
 : MG2SSR084
 : AUG 2025
 : 30 Months

Laboratory Provided Information:

Sample Quantity
 Date of Performance of Test

: 1x20g, Glass Jar
 : 18th -23rd March, 2026



Analysis Report

S. No.	Parameter	Test Result	Specification as per API Standard*	Protocol
Microbiological Analysis				
1	Total Microbial Plate Count, cfu/g	<10	NMT 10 ⁵	API, Vol. II
2	Yeast and Mould Count, cfu/g	<10	NMT 10 ³	API, Vol. II
3	S. aureus, per g	Absent	Absent	API, Vol. II
4	Pseudomonas aeruginosa, per g	Absent	Absent	API, Vol. II
5	E. coli, per g	Absent	Absent	API, Vol. II
6	Salmonella sp., per g	Absent	Absent	API, Vol. II

NMT= Not More Than

API*= The Ayurvedic Pharmacopeia of India.

Inference: The tested sample **conforms** to API Standard/ FSSR, 2011 w.r.t. above tests.

Asli
 Reviewed By

Page 4 of 4

Meenakshi Bakshi
 Authorised Signatory
 Ms. Meenakshi Bakshi, Scientist-B

NOTE: The laboratory accepts the responsibility for content of report. The results contained in this test report pertains only to the sample tested not for the whole lot. Test report shall not be reproduced except in full, without written approval of the laboratory. This report is intended only for your guidance, and not for legal purposes, commercial decision, and for advertisement. Samples will be destroyed after 15 days from the date of issue of test certificate unless otherwise specified. Any complaint about this report should be communicated in writing within 7 days of issue of this report. Total liability at FARELABS Pvt. Ltd. is limited to invoiced amount only. The recipient of this report is requested to kindly confirm with FARE Labs, the authenticity and genuineness of this report at report.confirmation@farelabs.com. FARE Labs is not responsible for any unconfirmed Test Report. If you have any complaint/feedback regarding the sample collection/testing/test report, please send an email at feedback@farelabs.com and call at +91 9312664533. The Sample is not drawn by FARELabs.

#: The details are received from Customer on its own responsibility. FARE Labs does not Confirm about it and hence does not take any responsibility whatsoever.

****End of Report****

TEST REPORT

Issued to: RS FIT TRAINING LTD
 Suite RA01 195-197 Wood Street, London,
 England, E17 3NU

J.O. No.: FL/AY/SL/18032026-001
 Issue Date: 23/03/2026
 Sample Receipt Date: 18/03/2026
 Account Manager: BD Team 32
 Credit Manager: Septesh Kumar

Customer Provided Information: #

Nature/Name of the Sample : **Shilajit**
 Batch No. : MG2SSR084
 Mfd Date : AUG 2025
 Best Before : 30 Months

Laboratory Provided Information:

Sample Quantity : 1x20g, Glass Jar
 Date of Performance of Test : 18th -23rd March, 2026

Analysis Report

S. No.	Parameter	Unit	Test Result	FSSR, 2011	Protocol
1	Humic Acid	% by wt.	46.25	Not Specified	ISO:19822

Aditi
Reviewed By

Page 1 of 1

Dr. Samrta
Authorised Signatory
 Dr. Samrta, Scientist-C

NOTE: The laboratory accepts the responsibility for content of report. The results contained in this test report pertains only to the sample tested not for the whole lot. Test report shall not be reproduced except in full, without written approval of the laboratory. This report is intended only for your guidance, and not for legal purposes, commercial decision, and for advertisement. Samples will be destroyed after 15 days from the date of issue of test certificate unless otherwise specified. Any complaint about this report should be communicated in writing within 7 days of issue of this report. Total liability at FARELABS Pvt. Ltd. is limited to invoiced amount only. The recipient of this report is requested to kindly confirm with FARE Labs, the authenticity and genuineness of this report at report.confirmation@farelabs.com. FARE Labs is not responsible for any unconfirmed Test Report. If you have any complaint/feedback regarding the sample collection/testing/test report, please send an email at feedback@farelabs.com and call at +91 9312664533. The Sample is not drawn by FARELabs.
#: The details are received from Customer on its own responsibility. FARE Labs does not Confirm about it and hence does not take any responsibility whatsoever.

****End of Report****

FL/T/GEN/F45