

LIFTMODE

LIFTMODE
47 W. Polk St. STE 100-241
Chicago, IL 60605

liftmode@liftmode.com
www.liftmode.com

CERTIFICATE OF ANALYSIS

ALCAR (Acetyl L-Carnitine HCL)

Material Lot #: 19012202 Manufacture Date: 01/22/2019
Country of Origin: China Re-Test Date: 01/25/2021

Analysis	Claim	Result
ALCAR	≥98.0%	99.81%

Test	Specification	Result
Appearance	White crystalline powder	Complies
Specific Rotation	-27.0° ~ -29.0°	-28.0°
PH	2.0 ~ 3.0	2.52
Loss on Drying	≤0.5%	0.09%
Residue on Ignition	≤0.5%	0.07%
Assay	≥98.0%	99.81%
Heavy Metals	≤10 ppm	Complies
Lead (Pb)	≤3 ppm	Complies
Cadmium (Cd)	≤1 ppm	Complies
Mercury (Hg)	≤0.1 ppm	Complies
Arsenic (As)	≤1 ppm	Complies
Total Plate Count	≤1,000 cfu/g	50 cfu/g
Yeast & Mold	≤100 cfu/g	25 cfu/g
E.Coli	Negative	Negative
Salmonella	Negative	Negative

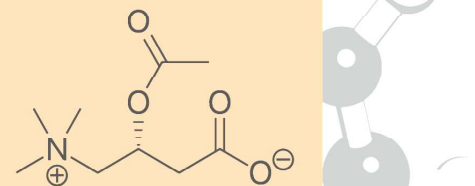
ALCAR should be stored at or below room temperature in a tightly sealed durable container. ALCAR should be protected from excess heat, direct sunlight, excess humidity and moisture. ALCAR has a stable shelf life of 2 years from the date of manufacture when properly stored.

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ALCAR



Main Benefits

- ALCAR has powerful neuroprotective properties that help to keep the aging and/or damaged brain sharpened and focused.
- ALCAR is an effective fat burner that converts fatty acids into energy that can be used by your cells.
- ALCAR can also promote a healthy circulatory system and boost physical performance while also reducing muscular soreness.

Main Cautions

- ALCAR is generally recognized as safe as a dietary supplement when taken at the recommended serving size.
- Adverse effects at larger servings have been reported to include upset stomach, high blood pressure, headaches, and trouble sleeping. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting with your doctor if you are taking any medication. Especially if you are taking any blood thinning drugs.

Usage Tips

- A 0.625 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500mg of ALCAR**. As a dietary supplement, take 1 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- This supplement is not intended to treat, diagnose, prevent, or cure any diseases. Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.
- The negative effects of ALCAR are predominantly dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack ALCAR with other (non-carnitine) supplements, so long as the amount consumed does not exceed the suggested serving size.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder easier to tolerate.
- The benefits of ALCAR are most effective when they are supported by a healthy diet and plenty of exercise.



812 Meadow Lark Lane, Goodlettsville, TN 37072
 Telephone: 615-239-8604

Certificate of Analysis

Synaptent LLC
 47 W Polk Street, 100-241
 Chicago, IL 60654

Product Name	Acetyl L-Carnitine HCL	Product Lot Number	19012202
Report Date	08/15/2019	Laboratory Number	12422

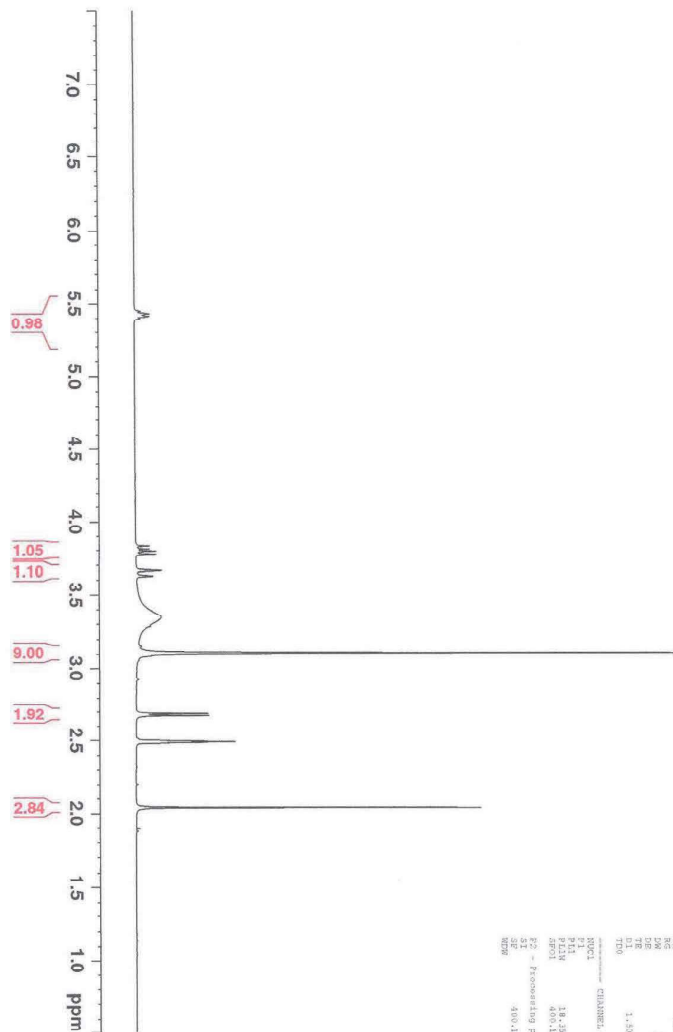
Description	Method	Result
Identification	H-NMR	Conforms
Assay	Titration	99.8%
Lead	ICP-MS USP <730>	0.017 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.011 ppm
Mercury	ICP-MS USP <730>	0.003 ppm
Total Aerobic Count	Biolumix	<1000 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	AOAC 967.26	Negative

Collin Thomas *Collin Thomas*
 Laboratory Manager

08/15/2019 *st/15/19*
 Date

The result(s) stated in this report is only for the sample submitted. This report may not be reproduced in whole or in part, nor may any reference be made to the work, the result, or the company in any news release, public announcements or advertising without our prior written consent.

¹H NMR of Acetyl-L-Carnitine
 in DMSO
 Lot # 12422
 Colmaric Analytical
 400 MHz
 08-01-19



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Current Date Parameters
=====
EXPER 1907-2019-08-15
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F2 - Acquisition Parameters
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Time_ 13:16
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SFO 400.152007 MHz
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SI 0
FIDRES 0.118 Hz
AQ 2.000000 sec
RG 327.500
DE 2.000000 sec
TE 300.2 K
D1 1.5000000 sec
D11 0.1000000 sec
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P2 1.18 sec
PL1 18.45000000 MHz
PL2 18.45000000 MHz
RF 400.152007 MHz
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F2 - Processing parameters
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SI 400.152007 MHz
SF 400.152007 MHz
WDW EM
SSB 0
GB 0
PC 0
MC 0
DC 0
AS 0
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