

LIFTMODE

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CERTIFICATE OF ANALYSIS

Phenibut Free Amino Acid (β-Phenyl-γ-aminobutyric acid)

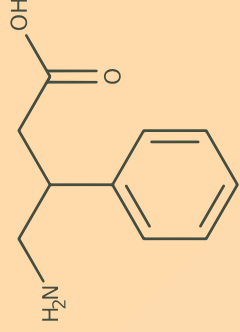
Material Lot #: 20191201
Country of Origin: China

Analysis Date: 03/13/2020
Retesting Date: 03/13/2023

| Analysis | Claim | Result |
|---------------------|----------------------|---------------|
| Phenibut FAA | ≥98% | 99.3% |
| Test | Specification | Result |
| HNMR ID | Conforms | Conforms |
| HPLC Assay | ≥98% | 99.3% |
| ICP-MS | | |
| Arsenic | ≤1.5 ppm | 0.014 ppm |
| Lead | ≤0.5 ppm | 0.026 ppm |
| Cadmium | ≤0.5 ppm | 0.005 ppm |
| Mercury | ≤0.5 ppm | <0.001 ppm |
| Total Aerobic Count | <1000 cfu/g | Conforms |
| Yeast & Mold | <100 cfu/g | Conforms |
| Coliform | <10 cfu/g | Conforms |
| <i>E.coli</i> | Negative | Conforms |
| Salmonella | Negative | Conforms |

Phenibut FAA should be stored at or below room temperature in a tightly sealed durable container. Phenibut FAA should be protected from excess heat, direct sunlight, excess humidity, and moisture. Phenibut FAA has a retesting period of 3 years from the date of analysis when properly stored.

Phenibut Free Amino Acid



Main Benefits

- Phenibut is a nootropic and calming β-phenyl derivative of GABA, the main inhibitory neurotransmitter. Phenibut acts as a GABA-B agonist and α2δ subunit containing voltage-dependent Ca²⁺ channel blocker.
- Phenibut Free Amino Acid is the hydrophobic nonionic form of this nootropic compound
- Benefits of Phenibut include calming, mood lifting, sociability enhancing, sensory enhancing effects, as well as promotion of deep, restful sleep.

Main Cautions

- **Phenibut tolerance builds quickly** and it should not be used more than twice per week to mitigate the potential for adverse effects.
- Do not exceed the recommended serving size. Mixing Phenibut with CNS depressants may cause dizziness, vertigo, nausea and lethargy.
- Overuse of Phenibut FAA can cause physical dependence and withdrawal. Symptoms of withdrawal may include anxiety, depression, and insomnia.

Usage Tips

- A 0.625cc measuring scoop is included. Two level scoops contains one serving of approximately **500mg Phenibut FAA**. As a nootropic compound, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Phenibut FAA are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- The benefits of Phenibut FAA are most effective when they are supported by a healthy diet and plenty of exercise.
- This nootropic compound 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.
- Anecdotal sources suggest that it's relatively lower risk for an adult of average build to stack Phenibut FAA with other nootropic compounds, however **negative effects such as tolerance and withdrawal vary from person to person and avoiding frequent use or large doses without extended breaks is highly recommended.**

