

LIFTMODE

LIFTMODE
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Chicago, IL 60605

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CERTIFICATE OF ANALYSIS

Phenibut HCL

(β-Phenyl-γ-aminobutyric acid)

Material Lot #: 20200201
Country of Origin: China

Analysis Date: 04/29/2020
Retesting Date: 04/09/2023

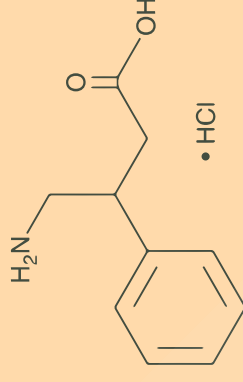
Analysis	Claim	Result
Phenibut HCL	≥99%	99.8%

Test	Specification	Result
H-NMR ID	Conforms	Conforms
HPLC Assay	≥99%	99.8%

ICP-MS		
Arsenic	≤1.5 ppm	<0.001 ppm
Lead	≤0.5 ppm	0.065 ppm
Cadmium	≤0.5 ppm	<0.001 ppm
Mercury	≤0.5 ppm	<0.001 ppm

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

PHENIBUT HYDROCHLORIDE



Main Benefits

- Phenibut HCl is a calming, mood lifting, sociability enhancing, supplement that acts as a GABA-B agonist to ease stress and support healthy sleep.
- The primary benefits of Phenibut HCl include reduced feelings of pain, easing muscle tension and stress, as well as promotion of deep, restful sleep.
- Phenibut HCl is the stable hydrochloric acid form of this supplement and is a potent and powerful relaxing and calming agent.

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. Side effects may include dizziness, vertigo, nausea and lethargy.
- Overuse of Phenibut HCl can cause physical dependence and withdrawal. Symptoms of withdrawal may include anxiety, depression, and insomnia.

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500mg of Phenibut HCL**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Phenibut HCL are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder more tolerable.
- 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.
- It is safe to stack Phenibut HCL with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Phenibut HCL are most effective when they are supported by a healthy diet and plenty of exercise.



Chimerica Analytical, LLC

Certificate of Analysis

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

Sample Collected By: Client

Product Name	Phenibut HCL	Product Lot Number	20200201
Report Date	04/29/20	Laboratory Number	20040131

Description	Method	Result
Identification	H-NMR	Conforms
Assay	HPLC	99.8%
Lead	ICP-MS	0.065 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	<0.001 ppm
Mercury	ICP-MS	<0.001 ppm

Collin Thomas
Laboratory Manager

04/29/2020
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.

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

**¹H NMR of Phenibut HCl
in DMSO
at 2000131
Chimerica Analytical
400 MHz
04-21-20**

Current Data Parameters
PROCNO: 1
EXPNO: 1
F2 - Acquisition Parameters
Date_ Time: 20200421
Time: 11:57:23.860
INSTRUM: spect
PROBHD: 5 mm BBO-1H-1
PULPROG: zgpg30
F2 - Processing parameters
SOLVENT: DMSO
DS: 52.000
SI: 0
ETABS: 0.2188946 Hz
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AQ: 0.1875000 sec
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