

# LIFTMODE

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

liftmode@liftmode.com  
liftmode.com

## CERTIFICATE OF ANALYSIS

### Calcium Ascorbate (Vitamin C)

Material Lot #: 31903901  
Country of Origin: China

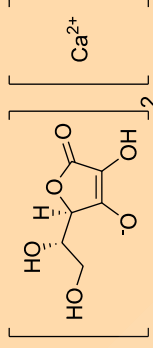
Manufacturer Analysis Date: 03/10/2019  
Analysis Date: 04/09/2020  
Retesting Date: 04/09/2023

Analysis	Claim	Result
Calcium Ascorbate	≥99%	99.6%

Test	Specification	Result
HNMR ID	Conforms	Conforms
Titration Assay	≥99%	99.6%
ICP-MS		
Arsenic	≤1.5 ppm	<0.001 ppm
Lead	≤0.5 ppm	0.004 ppm
Cadmium	≤0.5 ppm	0.001 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

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

## Calcium Ascorbate



### Main Benefits

- **Calcium Ascorbate**, also known as "buffered Vitamin C" is a non-acidic form of Vitamin C and functions as a Calcium supplement as well. Unlike Ascorbic Acid, much higher doses of **Calcium Ascorbate** are tolerable without gastrointestinal distress.
- **Vitamin C** is an important vitamin that the human body can not synthesize itself, and a deficiency may lead to an ulcerous disease called Scurvy.
- **Calcium Ascorbate** may also reduce inflammation, promote immune function, and help bone health.

### Main Cautions

- Calcium and Vitamin C are both essential nutrients and are well tolerated at reasonable doses. Buffered Vitamin C provides the benefits of Ascorbic Acid without increasing stomach pH.
- Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.

### Usage Tips

- A 1cc (1/5th teaspoon) measuring scoop is included. Each level scoop contains one serving of approximately **1000mg Calcium Ascorbate**. As a dietary supplement, take 1 serving once per day. Start at the lower suggested quantity to assess response.
- **Calcium Ascorbate** is made up of roughly 90% Vitamin C and 10% Calcium. A serving of 1000mg **Calcium Ascorbate** provides approximately **1000% the RDI of Vitamin C** and **10% the RDI of Calcium**.
- The benefits of **Calcium Ascorbate** are most effective when they are supported by a healthy diet and plenty of exercise.
- This dietary 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 **Calcium Ascorbate** with other supplements as long as the amount consumed does not exceed the suggested serving size.

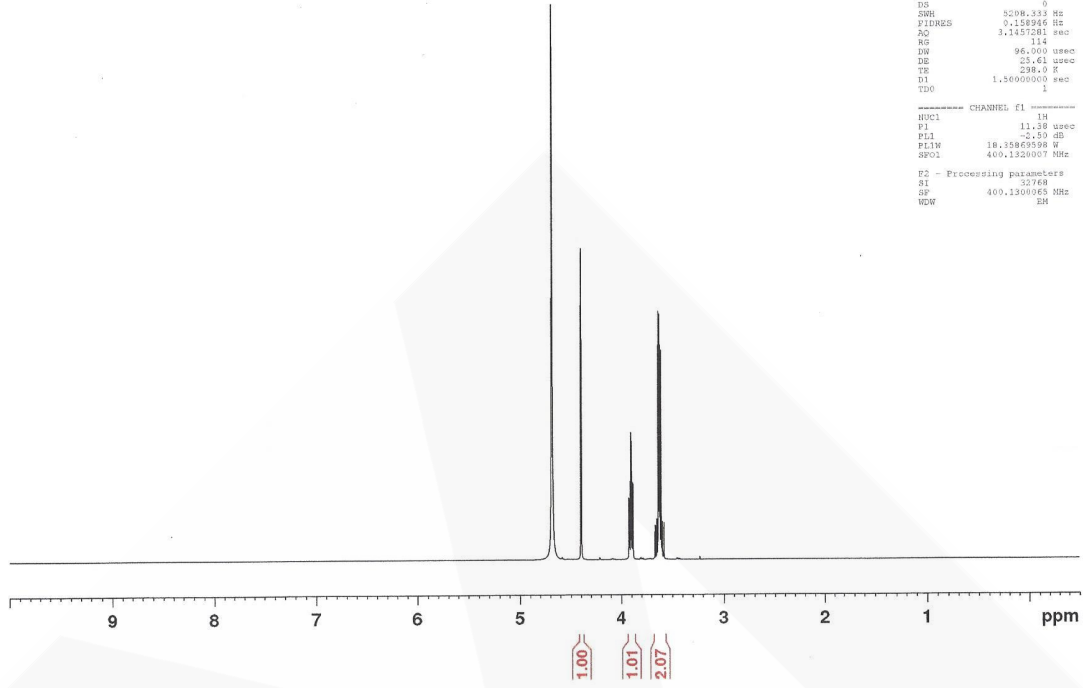
1H NMR of Calcium Ascorbate  
in D2O  
Lot #20030034  
Colmaric Analytical  
400 MHz  
04-03-20

Current Data Parameters  
NAME Apr03-2020-colmaric  
EXPNO 15  
PROCNO 1

F2 - Acquisition Parameters  
Date\_ 20200403  
Time 11:08  
INSTRUM spect  
PROBHD 5 mm PABBO ES-  
PULPROG zg30  
TD 32768  
SOLVENT D2O  
NS 32  
DS 0  
SWH 5208.333 Hz  
FIDRES 0.158946 Hz  
AQ 1.1457281 sec  
RG 114  
DE 96.000 usec  
DB 25.61 usec  
TA 239.0 s  
TD 1.5600000 sec  
TDO 1

CHANNEL f1  
NUC1 1H  
P1 11.38 usec  
PL 2.50 dB  
PLW 18.35969398 s  
SFO1 400.1320007 MHz

F2 - Processing parameters  
SI 32768  
SF 400.1300045 MHz  
WDW EM



## Certificate of Analysis

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

**Sample Collected By: Client**

Product Name	Calcium Ascorbate	Product Lot Number	31903901
Report Date	04/09/20	Laboratory Number	20030034

Description	Method	Result
Identification	H-NMR	Conforms
Assay	USP Titration	99.6%
Lead	ICP-MS	0.004 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.001 ppm
Mercury	ICP-MS	<0.001 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Absent

Collin Thomas *CM*  
Laboratory Manager

04/09/2020 4/9/20  
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