

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Citric Acid (Anhydrous)

(2-hydroxypropane-1,2,3-tricarboxylic acid)

Material Lot #: 17113348  
Country of Origin: China

Manufacture Date: 11/18/2017  
Re-Test Date: 11/21/2020

Analysis	Claim	Result
Citric Acid	≥99.5%	100.27%

Test	Specification	Result
Assay	≥99.5%	100.27%
Water	≤0.5%	0.15%
Heavy Metals	≤5 ppm	1 ppm
Oxalate	≤100 ppm	30 ppm
Sulphate	≤150 ppm	45 ppm
Calcium	≤20 ppm	5 ppm
Aluminum	≤0.2 ppm	0.15 ppm
Arsenic	≤1 ppm	0.1 ppm
Lead	≤0.5 ppm	0.2 ppm
Iron	≤50 ppm	1 ppm
Bacterial Endotoxins	≤0.5 I.U./mg	0.35 I.U./mg
Residue on Ignition	≤0.05%	0.04 ppm
Chloride	≤50 ppm	1 ppm
Sulphate Ash	≤0.05%	0.01%

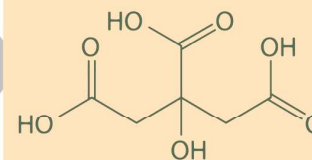
Citric Acid should be stored at or below room temperature in a tightly sealed durable container. Citric Acid should be protected from excess heat, direct sunlight, excess humidity and moisture. Citric Acid has a stable shelf life of 3 years from the date of manufacture when properly stored.

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## Citric Acid



### Main Benefits

- Citric Acid has been found to boost energy on a cellular level and increase the bioavailability of nutrient absorption (e.g. Magnesium).
- Citric Acid can also help protect and promote healthy kidneys.
- As a culinary additive, Citric Acid can help to increase the shelf-life of ingredients and enhance flavor.

### Main Cautions

- Allergic reactions may occur in the form of skin irritation, so particular caution is advised.
- Excessive amounts of Citric Acid may result in upset stomach, nausea, and possibly teeth erosion. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

### Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **100mg of Citric Acid**. As a dietary supplement, take 1 serving 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 Citric Acid are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack Citric Acid with other 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 Citric Acid are most effective when they are supported by a healthy diet and plenty of exercise.



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 Telephone: 615-239-8604

Certificate of Analysis

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

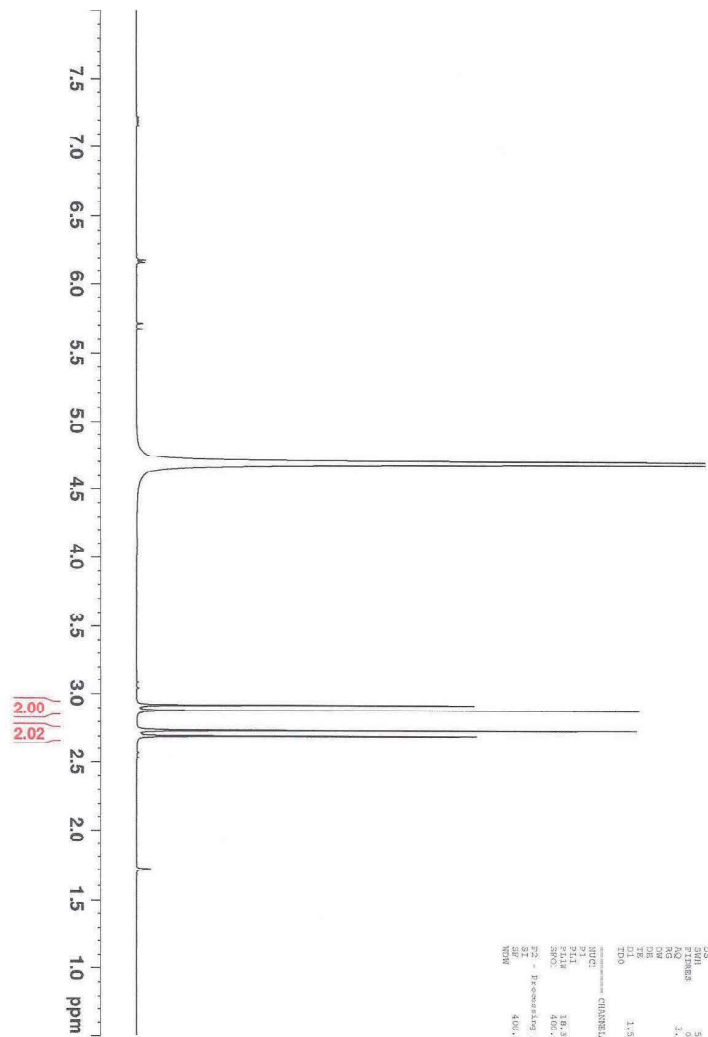
Product Name	Citric Acid	Product Lot Number	17113348
Report Date	07/30/2019	Laboratory Number	12354

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.5%
Lead	ICP-MS USP <730>	0.012 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.018 ppm
Mercury	ICP-MS USP <730>	0.005 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*  
 Laboratory Manager

07/30/2019 7/30/19  
 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 Citric Acid  
 In D2O  
 Lot # 12354  
 Colmuric Analytical  
 400 MHz  
 07-26-19

Current Data Parameters  
 EXPNO 1  
 PROCNO 1  
 F2 - Acquisition Parameters  
 Date\_ 20190730  
 Time 11:45  
 INSTRUM spect  
 F1PRGRM 5 nm PPM 500K  
 PULPROG zgpg30  
 ROUTING 4216  
 SOLVENT DMSO  
 NS 12  
 DS 2  
 SWH 5598.333 Hz  
 FWHM 2.1457281 Hz  
 AQ 96.2613 sec  
 RG 214.61 Hz  
 GB 0.0000000 Hz  
 PC 1.5000000 sec  
 TD0  
 SFO 400.13268 MHz  
 CHNMR1 F1  
 F2 11.18 umax  
 F1L 10.39 -2.50 dB  
 SFO2 400.1326007 MHz  
 F2 - Processing parameters  
 SI 32  
 SF 400.13268 MHz  
 WDM