



LIFTMODE  
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Certificate of Analysis

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

Product Name	Phenibut HCl	Product Lot Number	180904
Report Date	12/14/2018	Laboratory Number	11231
Description	Method	Result	
Identification	1H NMR	Conforms	
Phenibut HCl Assay	HPLC	99.3 %	
Lead	ICP-MS	0.057 ppm	
Arsenic	ICP-MS	<0.001 ppm	
Cadmium	ICP-MS	<0.001 ppm	
Mercury	ICP-MS	0.025 ppm	

Peter Yoho, PhD  
Scientist

12/14/2018  
Date

12/14/18

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.

### 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.

### PHENIBUT HYDROCHLORIDE

• HCl

### Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately 50mg 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 disease. 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.



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CERTIFICATE OF ANALYSIS

Phenibut HCL  
(β-phenyl-γ-aminobutyric acid HCl)

Material Lot #: 180904      Manufacture Date: 09/25/2018  
Country of Origin: China      Expiration Date: 09/24/2021

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.7%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	≤0.1%	Complies
Melting Point	194.0-202.0°C	196.1-197.5°C
pH	2.3-2.7	2.35
Clarity of Solution	≤1#	Complies
Iron	≤0.005%	Complies
Loss on Drying	≤0.5%	0.07%
Residue on Ignition	≤0.5%	0.06%
Heavy Metals	≤10 cfu/g	<10 cfu/g
Assay	≥99.0%	99.7%

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 stable shelf life of 3 years from the date of manufacture when properly stored.

**<sup>1</sup>H NMR of Phenibut HCl  
in DMSO  
Lot # 11231  
Colmaric Analytical  
400 MHz  
12-11-18**

```
Current Data Parameters
NAME  Du11-2018-colmaric
EXPNO  1
PROCNO  1

F2 - Acquisition Parameters
Date_  20181211
Time  12.46
INSTRUM  spect
PULPROG  3 ms PABBO SP-
TD  65536
SOLVENT  DMSO
NS  32
DS  4
SWH  8208.133 Hz
FIDRES  0.130949 Hz
AQ  3.145728 sec
RG  35.5
DE  96.001 usec
TE  298.0 K
DQ  1.5000000 sec
TD0  1

----- CHANNEL f1 -----
NUC1  1H
P1  11.30 usec
P11  -2.20 dB
PL1W  18.3386939 W
SFO1  400.132007 MHz

F2 - Processing parameters
SI  32768
SF  400.1300047 MHz
WDW  EM
```

