



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS



812 Meadowlark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

### Certificate of Analysis

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

Product Name	Phenibut HCL	Product Lot Number	180915
Report Date	11/16/2018	Laboratory Number	11113
Description	Method	Result	
Identification	<sup>1</sup> H NMR	Conforms	
Assay	HPLC	99.2 %	
Lead	ICP-MS	0.050 ppm	
Arsenic	ICP-MS	< 0.001 ppm	
Cadmium	ICP-MS	0.009 ppm	
Mercury	ICP-MS	0.034 ppm	

*Michael Robil*  
Michael Robil

*11/16/18*  
11/16/2018

#### 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

NCC(C(=O)O)c1ccccc1

• HCl

#### 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.



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## CERTIFICATE OF ANALYSIS

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

Material Lot #: 1800915      Manufacture Date: 09/15/2018  
Country of Origin: China      Expiration Date: 09/14/2021

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.39%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Melting Point	194.0-202.0°C	197.6-198.8°C
Residue on Ignition	≤0.1%	0.05%
Loss on Drying	≤0.5%	0.27%
pH	2.3-2.7%	2.44%
Sulfate	≤0.05%	Complies
Related Substances	≤0.5%	0.28%
Heavy Metals	<10 ppm	Complies
Iron	<60 ppm	Complies
Lead	<1 ppm	Complies
Arsenic	<1 ppm	Complies
Cadmium	<1 ppm	Complies
Mercury	<1 ppm	Complies
Total Plate Count	<1,000 cfu/g	85 cfu/g
Yeast & Mold	<100 cfu/g	25 cfu/g
E.coli	Negative	Negative
Salmonella	Negative	Negative
Assay	≥99.0%	99.39%

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.

1H NMR of Phenibut HCl  
in DMSO  
Lot #11113  
Colmaric Analytical  
400 MHz  
11-14-18

```
===== Data Acquisition =====
NAME: 111130011113001
DATE_: 20181115
TIME: 14:11
INSTRUM: spect
PROBHD: 5mm QNP1H
PULPROG: zgpg30
AQ: 0.38400000
RG: 655.36
AQSHIFT: 12.500
NUC1: 1H
NUC2: 13C
PC: 1.00
PCPROG: zgpg30
F2: 125.761
F1: 400.146
SFO: 400.146
SF0: 400.146
WDW: EM
SSB: 0
GB: 0
PC: 1.00
PCPROG: zgpg30
===== Processing parameters =====
SI: 32768
SF: 400.146
AQ: 0.38400000
RG: 655.36
WDW: EM
SSB: 0
GB: 0
PC: 1.00
PCPROG: zgpg30
===== Processing parameters =====
SI: 32768
SF: 400.146
AQ: 0.38400000
RG: 655.36
WDW: EM
SSB: 0
GB: 0
PC: 1.00
PCPROG: zgpg30
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