



LIFTMODE
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Chicago, IL 60605

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CERTIFICATE OF ANALYSIS

Phenibut HCL Powder

(β-phenyl-γ-aminobutyric acid HCl)

Material Lot #: 190125 Manufacture Date: 01/25/2019
Country of Origin: China Expiration Date: 01/24/2022

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.37%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Melting Point	194.0-202.0°C	196.5-198.5°C
Residue on Ignition	≤0.1%	0.06%
Loss on Drying	≤0.5%	0.32%
pH	2.3-2.7	2.48
Sulfate	≤0.05%	Complies
Related Substances	≤0.5%	0.34%
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	30 cfu/g
E.coli	Negative	Negative
Salmonella	Negative	Negative
Assay	≥99.0%	99.37%

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.



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	PH190125
Report Date	03/06/2019	Laboratory Number	11513

Description	Method	Result
Identification	¹ H NMR	Conforms
Assay	HPLC	99.4 %
Lead	ICP-MS	0.005 ppm
Arsenic	ICP-MS	0.038 ppm
Cadmium	ICP-MS	0.014 ppm
Mercury	ICP-MS	0.001 ppm

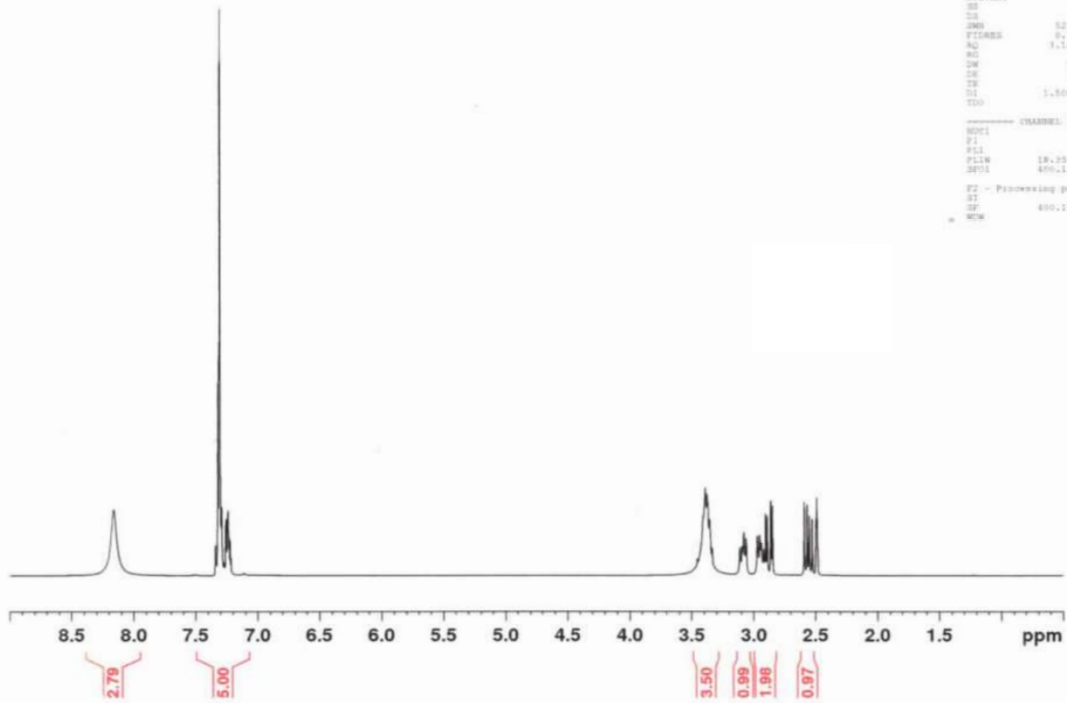
Michael Robil

Michael Robil
QA Auditor

03/06/19
03/06/2019
Date

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**¹H NMR of Phenibut HCl
in DMSO
Lot # 11513
Colmaric Analytical
400 Mhz
03-04-19**



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Current Data Parameters
NAME      M204-211-001xxxx
EXPNO    1
PROCNO   1

F2 - Acquisition Parameters
Date_    20190104
Time     14.45
INSTRUM  spect
PROBHD   5 mm BBBO-51
PULPROG  zg30
TD       65536
SOLVENT  DMSO
NS       512
DS       4
SWH      5200.523 Hz
FIDRES   0.119946 Hz
AQ       3.1457281 sec
RG       95.5
DWDW     96.00000000
DE       23.61000000
TE       298.2 K
TQ1      1.500000000 sec
TQ2      0
TSD      0

===== CHANNEL f1 =====
NUC1      1H
P1        12.00000000
PL1       -2.50 dB
PC1A     18.00000000 W
SFO1     400.1320007 MHz

F2 - Processing parameters
SI        32768
SF        400.1320008 MHz
WDW       EM
  
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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 Phenibu 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.

PHENIBUT HYDROCHLORIDE

