

LIFTMODE

LIFTMODE
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CERTIFICATE OF ANALYSIS

Quercetin Dihydrate

(2-(3,4-dihydroxyphenyl)-3,5,7-trihydroxy-4H-chromen-4-one)

Material Lot #: 20041410
Country of Origin: China

Analysis Date: 06/24/2020
Retesting Date: 06/24/2023

Analysis	Claim	Result
Quercetin Dihydrate	≥95%	97.9%

Test	Specification	Result
HPLC Assay	≥95%	97.9%
ICP-MS		
Arsenic	≤1.5 ppm	<0.03 ppm
Lead	≤0.5 ppm	0.08 ppm
Cadmium	≤0.5 ppm	0.06 ppm
Mercury	≤0.5 ppm	<0.01 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

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



Certificate of Analysis

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

Sample Collected By: Client

Product Name	Quercetin	Product Lot Number	20041410
Report Date	06/24/20	Laboratory Number	20060406

Description	Method	Result
Assay	HPLC	97.9%
Lead	ICP-MS	0.08 ppm
Arsenic	ICP-MS	<0.03 ppm
Cadmium	ICP-MS	0.06 ppm
Mercury	ICP-MS	<0.01 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	Absent

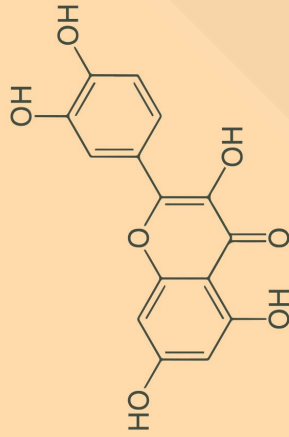
Collin Thomas
Collin Thomas
Laboratory Manager

06/24/2020 6/24/20
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.

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QUERCETIN



Main Benefits

- Quercetin is a flavanoid compound found in many foods and vegetables with potent antioxidant and anti-inflammatory properties.
- The best-known benefits are its ability to reduce inflammatory response, support a healthy circulatory system, and to reduce feelings of stress.
- Quercetin may be able to promote a healthy metabolism and to enhance physical energy levels and VO2 max.

Main Cautions

- Quercetin is considered a remarkably safe and effective dietary supplement when used at the recommended serving size.
- Side effects of large servings may include headaches, stomach cramps, and tingling sensations in the arms and legs.
- Quercetin may interact with numerous medications; it is very important that you consult with your doctor before using this supplement.

Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1500mg of Quercetin**. 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 Quercetin 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 Quercetin with other supplements, so long as the amount consumed does not exceed the suggested serving size.
 - The benefits of Quercetin are most effective when they are supported by a healthy diet and plenty of exercise.