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## CERTIFICATE OF ANALYSIS

## Certificate of Analysis

### GABA

(γ-Aminobutyric acid)

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

Material Lot #: 10600120171251      Manufacture Date: 12/20/2017  
Country of Origin: China      Expiration Date: 06/04/2022

Product Name	GABA	Product Lot Number	10600120171251
Report Date	06/05/2019	Laboratory Number	12079

Analysis	Claim	Result
GABA	≥98.0%	99.46%

Description	Method	Result
Identification	H NMR	Conforms
Assay	HPLC	99.7 %
Lead	ICP-MS	0.007 ppm
Arsenic	ICP-MS	0.071 ppm
Cadmium	ICP-MS	0.011 ppm
Mercury	ICP-MS	0.002 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Absent

Test	Specification	Result
Appearance	Off-white crystalline powder	Conforms
Identification	1.2 (+)	Conforms
pH	6.0-8.0	7.24
Loss of Drying	≤0.5%	0.34%
Melting Point	197.0-203.0°C	190.0-199.5°C
Residue on Ignition	≤0.07%	0.03%
Clarity of Solution	Clear	Conforms
Heavy Metals	≤10 ppm	Conforms
Arsenic	≤1 ppm	Conforms
Chloride	≤40 ppm	Conforms
Sulfate	≤50 ppm	Conforms
Lead	≤3 ppm	Conforms
Mercury	≤0.1 ppm	Conforms
Cadmium	≤1 ppm	Conforms

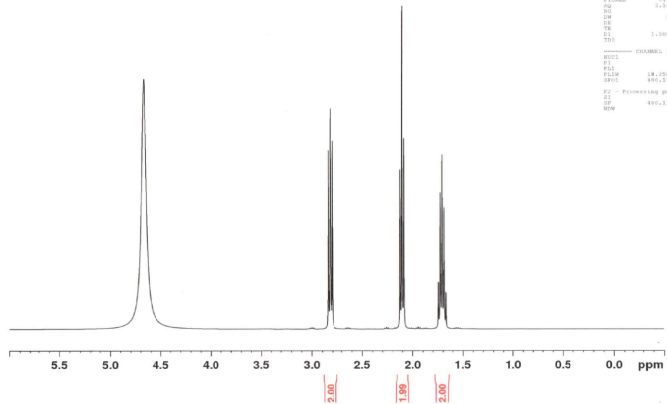
*Michael Robil*  
Michael Robil  
QA Auditor

*06/05/19*  
06/05/2019  
Date

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

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 Gamma aminobutyric acid  
in D2O  
Lot #12079  
Colemarc Analytical  
400 MHz  
05-31-19



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NAME      Gamma-aminobutyric acid
EXPNO    1
PROCNO    1
PROCNAME  1
DATE_    20190531
TIME     09:31
INSTRUM   spect
PROBHD    5 mm PABBO-1H
PULPROG   zgpg30
DQ        0.0000
AQ        0.0000
RG        655.0000
AQ        0.0000
RG        655.0000
SI         1
SF         400.1464000
WDW        EM
SS         2.00000000
GB         0.00000000
PC         0.00000000
SC         0.00000000
LB         3.00000000
GB         0.00000000
SM         0.00000000
SI         0.00000000
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DS         1.00000000
TD         1
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F100       1.000000
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PC - Processing parameters
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SF      400.1464000
WDW     EM
SS      2.00000000
GB      0.00000000
PC      0.00000000
SC      0.00000000
LB      3.00000000
GB      0.00000000
SM      0.00000000
SI      0.00000000
TE      298.15000000
DS      1.00000000
TD      1
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### Main Benefits

- As a natural hormone and neurotransmitter, GABA's role is to reduce signals from the Central Nervous System, resulting in relaxation and calming effects.
- GABA supplements are known for their ability to reduce stress, help support a healthy mood, and to promote restful sleep.
- Many stress-reducing compounds target GABA receptors because of their well-documented ability to promote a calm state of mind.

### Main Cautions

- GABA is a natural hormone and the body has a several highly effective mechanisms to eliminate excess levels of GABA. Side effects are very rare.
- Side effects from large serving sizes may include dizziness, headaches, sweating, shortness of breath, increased heart rate, and anxiety.
- Do not use GABA supplements if you are taking any GABA-agonist medication. GABA may interact with alcohol. Before using GABA, speak to your doctor if you have any underlying medical conditions.

### Usage Tips

- A 1.7oz measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000 mg of GABA**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack GABA with other supplements so long as the amount consumed does not exceed the suggested serving size.
- The benefits of GABA are most effective when they are supported by a healthy diet and plenty of exercise.
- 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 GABA are dependent on the amount taken, so use of a scale with 10mg/0.1g 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.

## GABA

