



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

liftmode@liftmode.com
www.liftmode.com

CERTIFICATE OF ANALYSIS

L-Tryptophan

(2-Amino-3-(1H-indol-3-yl)propanoic Acid)

Material Lot #: 36180628 Manufacture Date: 06/28/2018
Country of Origin: China Expiration Date: 10/08/2021

Analysis	Claim	Result
L-Tryptophan	≥99.0%	99.25%

Test	Specification	Result
Assay	98.5-101.5%	99.25%
Identification	Characteristic	Complies
Appearance	White or yellowish crystalline powder	Complies
Specific Optical Rotation	-29.4° to 32.8°	-31.3°
PH Level	5.5-7.0	6.12
Chloride	≤0.05%	<0.02%
Sulfate	≤0.03%	<0.02%
Iron	≤0.003	<0.001 ppm
Loss on Drying	≤0.30%	0.07%
Residue on Ignition	≤0.1%	0.05%
Heavy Metals	≤15 ppm	<10 ppm
Lead	≤3 ppm	<1 ppm
Cadmium	≤1 ppm	<1 ppm
Mercury	≤0.1 ppm	<0.1 ppm
Total Plate Count	≤1,000 cfu/g	<1,000 cfu/g
Yeast & Mold	≤100 cfu/g	<100 cfu/g
Coliform	≤10 cfu/g	<10 cfu/g
E.Coli	Negative	Negative
Salmonella	Negative	Negative

L-Tryptophan should be stored at or below room temperature in a tightly sealed durable container.
L-Tryptophan should be protected from excess heat, direct sunlight, excess humidity and moisture.
L-Tryptophan 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	L-Tryptophan	Product Lot Number	36180628
Report Date	10/09/2018	Laboratory Number	10953

Description	Method	Result
Picamilon Sodium	HPLC	99.8 %
Lead	ICP-MS	0.013 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.001 ppm
Mercury	ICP-MS	0.050 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

Michael Robil
Michael Robil
QA Auditor

10/09/18
10/09/2018
Date

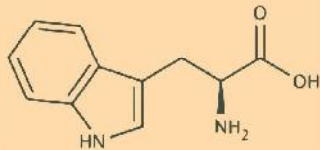
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L-TRYPTOPHAN



Main Benefits

- L-Tryptophan is a biochemical precursor to both serotonin and melatonin. Taken as a supplement, L-Tryptophan has been proven to increase melatonin and serotonin levels.
- In increasing Melatonin levels, L-Tryptophan has been used to promote healthy sleep.
- In addition to supporting a good mood through increased serotonin levels, L-Tryptophan has also been proven to support a healthy body and brain.

Main Cautions

- **Do not exceed the recommended serving size for this supplement.** Side effects may include may include heartburn, stomach pain, dizziness, gas, & headache.
- Using excessive quantities of L-Tryptophan may cause nausea, drowsiness, and loss of libido.
- Do not use L-Tryptophan supplements if you are on any medication. If you have any medical conditions, speak to your doctor before using L-Tryptophan.

Usage Tips

- A 1.0cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500 mg of L-Tryptophan**. 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 L-Tryptophan are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- Mixing L-Tryptophan with tea, yogurt, apple sauce, oatmeal, or usage of a capsule may make the powder easier to manage.
- 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 L-Tryptophan with other **non-stimulating supplements**, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Tryptophan are most effective when they are supported by a healthy diet and plenty of exercise.