



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

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

Material Lot #: 20190602      Manufacture Date: 06/06/2019  
Country of Origin: China      Expiration Date: 06/09/2022

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.3%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	≤0.1%	Complies
Melting Point	194.0-202.0°C	196.6-198.6°C
pH	2.3-2.7	2.43
Clarity of Solution	≤1#	Complies
Iron	≤0.005%	Complies
Loss on Drying	≤0.5%	0.42%
Residue on Ignition	≤0.1%	0.05%
Heavy Metals	≤10 cfu/g	<10 cfu/g
Assay	≥99.0%	99.3%

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 Meadow Lark 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	PABA20190602
Report Date	07/10/2019	Laboratory Number	12243

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.9%
Lead	ICP-MS USP <730>	0.042 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.0006 ppm
Mercury	ICP-MS USP <730>	0.002 ppm

Collin Thomas *Collin Thomas*  
Laboratory Manager

07/10/2019 *7/10/19*  
Date

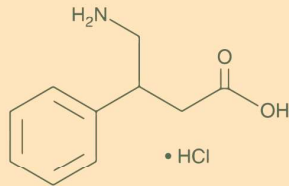
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## PHENIBUT HYDROCHLORIDE



### 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.