

LIFTMODE

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 #: 190720
Country of Origin: China

Manufacture Date: 07/20/2019
Expiration Date: 07/17/2022

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.31%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	≤0.1%	Complies
Melting Point	194.0-202.0°C	196.4-198.5°C
pH	2.3-2.7	2.42
Clarity of Solution	≤1#	Complies
Iron	≤0.005%	Complies
Loss on Drying	≤10.0%	7.41%
Residue on Ignition	≤0.1%	0.06%
Heavy Metals	≤10 cfu/g	<10 cfu/g
Assay	≥99.0%	99.31%

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.

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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 Phenibut 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.



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 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	190720
Report Date	08/26/2019	Laboratory Number	12585

Description	Method	Result
Identification	H-NMR	Conforms to structure
Assay	HPLC	99.5%
Lead	ICP-MS USP <730>	0.021 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.006 ppm
Mercury	ICP-MS USP <730>	0.009 ppm

Collin Thomas *CTM*
 Laboratory Manager

08/26/2019 8/26/19
 Date

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