

# LIFTMODE

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## CERTIFICATE OF ANALYSIS

### Phenibut HCL

(β-phenyl-γ-aminobutyric acid HCl)

Material Lot #:	20190804	Manufacture Date:	07/29/2019
Country of Origin:	China	Test Date:	09/10/2019
		Re-Test Date:	09/07/2022

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.6%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	≤0.1%	Complies
Melting Point	194.0-202.0°C	197.0-199.0°C
pH	2.3-2.7	2.33
Clarity of Solution	≤1#	Complies
Iron	≤0.005%	Complies
Loss on Drying	≤0.5%	0.19%
Residue on Ignition	≤0.1%	0.02%
Heavy Metals	≤10 cfu/g	<10 cfu/g
Assay	≥99.0%	99.6%

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.

### 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.
- 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 Phenibut HCL are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack Phenibut HCL with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder more tolerable.
- The benefits of Phenibut HCL are most effective when they are supported by a healthy diet and plenty of exercise.

