



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS



812 Meadowlark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

Certificate of Analysis

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

Product Name	Manufacture Date	Product Lot Number	Method	Result
Report Date	11/20/2018	171503	1H NMR	Conforms
Assay		11116	HPLC	99.4 %
Lead			ICP-MS	0.028 ppm
Arsenic			ICP-MS	0.001 ppm
Mercury			ICP-MS	0.028 ppm
Total Aerobic Count			Biolumix	<100 CFU/g
Yeast and Mold			Biolumix	Absent
E. Coli			Biolumix	<10 CFU/g
Coliform			Biolumix	Absent
Salmonella			Biolumix	Absent

*Micki Rabal*  
Micki Rabal  
QA Auditor

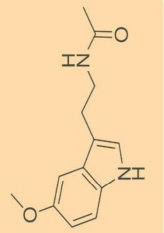
11/20/18  
11/20/18  
Date

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 copy be made, without the prior written consent of Synquest LLC.

### Main Benefits

- Melatonin is a natural hormone that helps to regulate the circadian rhythm. It is produced naturally in the pineal gland and helps to regulate sleep and wakefulness.
- Melatonin has the ability to help regulate the quality of sleep and to reduce the time taken to fall asleep.
- Apart from being an endogenous natural sleep aid, antioxidants and help to promote a healthy circulatory system.

## MELATONIN

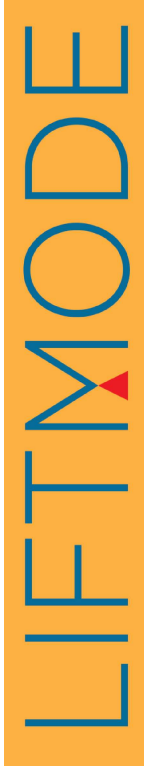


### Main Cautions

- In research studies, a dose of up to 500mg have not produced any reportable adverse effects.
- It is not recommended to exceed the serving size for your product.
- Be sure to read the label carefully for any other warnings or precautions.
- Be sure to read the label carefully for any other warnings or precautions.
- Be sure to read the label carefully for any other warnings or precautions.

### Usage Tips

- A double sided measuring scoop is included. One scoop is equal to 3mg of melatonin. Please use the scoop to measure your dose accurately. **Do not** use the scoop to measure your dose if you are taking any other prescription medication.
- It is safe to stack Melatonin with other supplements, so long as the amount consumed does not exceed the recommended serving size.
- The benefits of Melatonin are supported by a healthy diet and plenty of exercise.



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Melatonin (N-acetyl-5-methoxy tryptamine)

Material Lot #: 171203  
Country of Origin: China

Manufacture Date: 12/19/2017  
Expiration Date: 12/18/2020

Analysis	Claim	Result
----------	-------	--------

Melatonin **≥99.0%** **99.56%**

Test	Specification	Result
------	---------------	--------

Appearance	Off-white powder	Complies
Odor	Characteristic	Complies
Identification	IR spectrum	Complies
Assay	≥99.0%	99.56%
Residue on Ignition	≤0.1%	0.07%
Loss on Drying	≤0.5%	0.27%
Melting Point	117-120°C	118.0-118.4°C
Bulk Density	≥0.3	0.43g/ml
Ethyl Acetate	≤0.3%	Not Detected
Sulfated Ash	≤0.2%	<0.7%
Heavy Metals	≤10 ppm	Complies
Arsenic	≤2 ppm	Complies
Lead	≤0.3 ppm	Complies
Cadmium	≤0.3 ppm	Complies
Mercury	≤0.2 ppm	Complies
Chromium	≤12 ppm	Complies
Total Plate Count	≤1,000 cfu/g	Complies
Yeast & Mold	≤100 cfu/g	Complies
Coliform	≤100 cfu/g	Complies
E.Coli	Negative	Complies
Salmonella	Negative	Complies

Melatonin should be stored at or below room temperature in a tightly sealed durable container. Melatonin should be protected from excess heat, direct sunlight, excess humidity and moisture. Melatonin has a stable shelf life of 3 years from the date of manufacture when properly stored.

1/15/2018

1HNMR-melatonin-4c11116-111418.jpg

**<sup>1</sup>H NMR of Melatonin**  
in DMSO  
11-14-18  
Colmaric Analytical  
400 MHz  
11-14-18

