



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Phenibut Free Amino Acid

(β-phenyl-γ-aminobutyric acid)

Material Lot #: 20171201      Manufacture Date: 01/19/2018  
Country of Origin: China      Expiration Date: 01/18/2021

Analysis	Claim	Result
Phenibut FAA	≥99.5%	99.7%

Test	Specification	Result
Appearance	White or almost white powder	Complies
Relative Material	≤0.1	Complies
Water %	≤0.5%	0.1%
Residue on Ignition	≤0.1	0.01
Assay %	≥99.0%	99.7%

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



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Product Name	Phenibut Free Acid	Product Lot Number	20171201
Report Date	03/29/18	Laboratory Number	10008

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	CA-073 (HPLC)	100.9%
Lead	ICP-MS USP <730>	0.002 ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.007 ppm
Mercury	ICP-MS USP <730>	<0.001 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	<10 CFU/g
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Negative

Collin Thomas *CT*  
Laboratory Manager

03/29/2018 *3/29/18*  
Date

### Main Benefits

- Phenibut FAA 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 FAA include reduced feelings of pain, easing muscle tension and stress, as well as promotion of deep, restful sleep.
- Phenibut FAA is the Free Amino Acid form of this supplement and is a potent and powerful relaxing and calming agent.

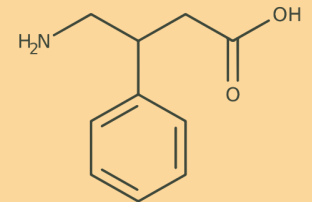
### Main Cautions

- 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 FAA can cause physical dependence and withdrawal. Symptoms of withdrawal may include anxiety, depression, and insomnia.

### Usage Tips

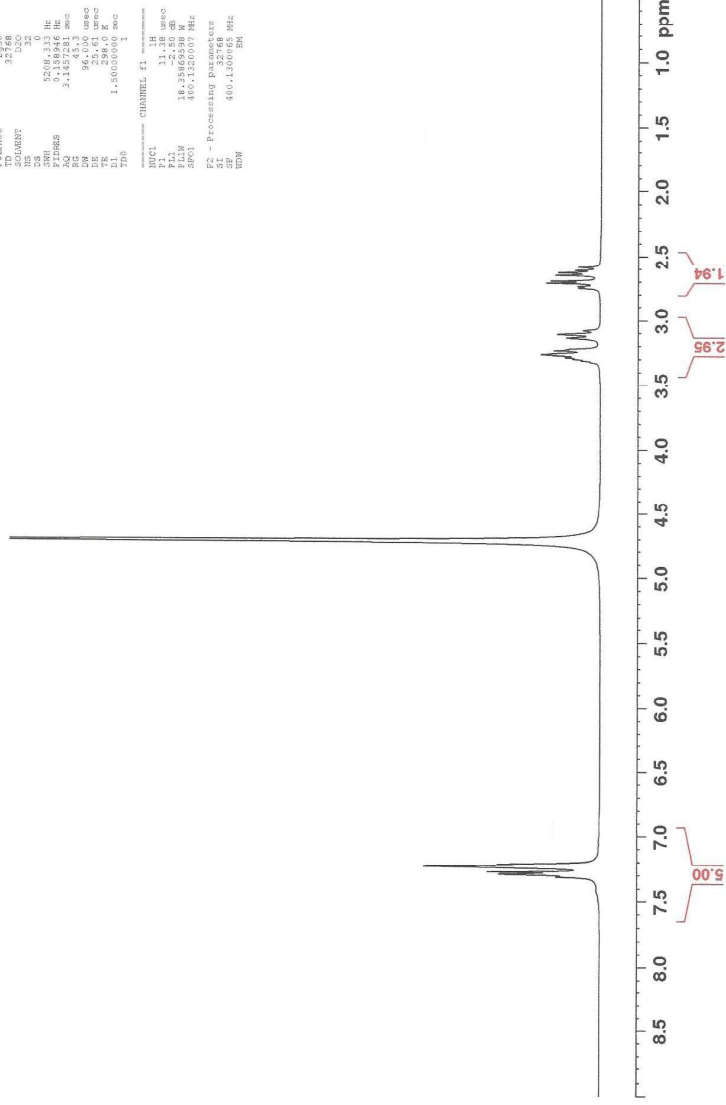
- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500mg of Phenibut FAA**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Phenibut FAA are dependent 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. Phenibut FAA can also be taken as a sublingual powder.
- 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 FAA with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Phenibut FAA are most effective when they are supported by a healthy diet and plenty of exercise.

### PHENIBUT FREE AMINO ACID



**1H NMR of Phenibut FAA**  
**In D2O/DCI**  
**Lot #10.008**  
**Colmaric Analytical**  
**400 MHz**  
**03-23-18**

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RG         320
SOLVENT    DMSO
NS         32
DS         4
SWH         5208.333 Hz
FIDRES     0.245000 Hz
AQRES      0.143728 Hz
AQ         3.220000 Hz
RG         320
SI         32768
SF          400.1464018 MHz
D1         1.500000000 sec
D11        1
D12        1
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P1          13.00
PL1         0 dB
SFO1        101.6261200 MHz
RG1         400.1320007 MHz
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F2 - Processing parameters
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SSB         0
GB          0
PC          100.0000000
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**Phenibut**

- Reduces stress
- Promotes healthy sleep
- Creates a feeling of well-being
- Phenibut is a nootropic substance that acts as a GABA agonist to treat stress and anxiety and promote mental sleep.
- The primary effects of phenibut use include pain reduction, promoting calmness and a feeling of well-being.
- The recommended dosage of phenibut is 500-1500mg per day, in two to three separate servings, depending on the desired effect.
- Mild side effects may include dizziness and lethargy with higher doses and withdrawal symptoms are rare but can occur after prolonged use.

**Background**

Phenibut, also known as  $\beta$ -Phenyl- $\gamma$ -aminobutyric acid or nocifex, has been used significantly in Russia since the 1950s as a nootropic supplement for treating anxiety and stress, for the promotion of a feeling of well-being and to improve cognitive performance. It is a derivative of the neurotransmitter GABA, which is broken down into three primary GABA-A, B, and C. Each GABA group has different locations. Targeting GABA-A subtypes produces sedative, anxiolytic, muscle-relaxing, and alcohol potentiating effects as well as anotropic effects (GABA-A subtype 5). Targeting GABA-B subtypes reduces pain signals and has positive effects on memory, learning and mood. Phenibut (or fenbutol) phenibut acts primarily as a GABA-B agonist and also plays a role in activating some GABA-A receptors and is nonselective in the two. Its use as a GABA agonist is important because it is not possible to supplement with GABA alone due to the blood-brain barrier, while GABA itself cannot do this. It should be noted that the primary mechanism of action for all GABA agonists and their include alcohol itself as well as other commonly prescribed anti-anxiety and sleep-inducing drugs.

**Phenibut effects/benefits**

GABA transmitters are found throughout the CNS and specifically in regions of the spinal cord that are known to be associated with pain. The GABA neurotransmitters are also found outside of the spinal cord and in areas of the CNS that are known to coordinate the response to and perception of pain. They are inhibitory molecules and are able to regulate the amount of information that reaches the CNS. In a very simplified explanation, GABA transmitters are able to modulate the perception of pain and since they are inhibitory, a greater concentration of GABA will inhibit the perception of pain to an extent. Since phenibut acts as a GABA agonist, it is also able to reduce pain to an extent, along with treating other effects that include mood lift and euphoria associated with anxiolytics.

It is important to remember the different GABA-receptors and subtypes and that they all have different effects on the human body. While GABA-A agonists have a very strong potential to work as pain and anxiety relief, the problem is in dose and their being unselective in the different GABA-receptor groups. In most cases of trust chemicals, when the dose is high enough to provide pain-relief, other effects start setting in like sedation. This is because of interactions with other GABA-receptor groups.

One benefit of phenibut is that the dose can be altered according to what effect is desired. For simple anxiety relief as a sedative and for treatment of sleep apnea. This is because of the nature of GABA molecule. As explained before, it is an inhibitory molecule and is able to lower the amount of information from the CNS. This is why it acts as a regulator for the perception of pain – it is able to stop too much information from entering our brains and allows us to enjoy

feel the necessary amount of pain to react. Often when we lie awake at night we are thinking about a lot of things and feeling a lot of things in our bodies and are generally restless. Phenibut is able to block out these perceptions and act as a sedative to improve sleep.

A lot of research has gone into the use of phenibut as a neuroprotector and it has been found to be able to protect the brain from stress, especially when the brain is deprived of oxygen. This can occur during drowning, injury or during extreme physical exertion and can result in devastating.

Phenibut has also been found to have profound cardioprotective effects which include protecting the heart from injury.

\*Scientists have concluded from these studies that phenibut results in higher cardiac conduction and relaxation rates, higher left-ventricular pressure during fractional tests, and increased release of adrenergic phosphorylation.\*\*

**Phenibut recommended usage**

The recommended dose of phenibut is 500-1500mg per day, in two to three separate servings. A lower dose should result in more of a mood-lift, anxiety relief and euphoric effect whereas higher dose it acts more as a sedative and results in better sleep. It is not recommended to exceed the daily dose as overdose is possible. Also take restorative tolerance can build up through continuous use but it is still not recommended to exceed the daily recommended dose.

**Phenibut side effects and warnings**

Phenibut is a great substance with multiple calming and mood enhancing effects and, as with all GABA agonists, it can have some side effects.

Mild side effects can include gastrointestinal issues, dizziness, tiredness, memory reduction and lethargy and these are common with the use of all GABA-agonists.

Withdrawal effects from phenibut use have also been reported on rare occasions for this reason it is recommended to reduce dosage of phenibut before stopping entirely. Withdrawal effects can include negative thoughts, lethargy and irritability. There is a reported case of a 25-year old man in Russia who became hospitalized for psychosis from withdrawal after long high-dose use of phenibut. The man was dosing at 200mg phenibut per day, which is a huge amount and creates massive risks of overdose. The symptoms he experienced are not uncommon in alcohol dependent withdrawal as well as withdrawal from baclofen, GHB, benzodiazepines which are also GABA-agonists.

\*Phenibut should NOT be taken with benzodiazepines or alcohol as it may result in respiratory depression that may lead to unconsciousness or even death\*\*.

**References**

\*\*Phenibut or Phenylethyl- $\gamma$ -Aminobutyric Acid and Neurotropic Drug" *Psychopharmacology* 1979; 67: 289-301. <https://doi.org/10.1007/BF01326007>  
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