

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Phenibut HCL ( $\beta$ -phenyl- $\gamma$ -aminobutyric acid HCl)

Material Lot #: 20201011  
Country of Origin: China

Manufacture Date: 10/26/2020  
Testing Date: 01/20/2021  
Retesting Date: 01/17/2024

Analysis	Claim	Result
Phenibut HCL	$\geq 99.0\%$	99.6%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	$\leq 0.1\%$	Complies
Melting Point	194.0-202.0°C	198.5-199.6°C
pH	2.3-2.7	2.42
Clarity of Solution	$\leq 1^{\#}$	Complies
Iron	$\leq 0.005\%$	Complies
Loss on Drying	$\leq 0.5\%$	0.08%
Residue on Ignition	$\leq 0.1\%$	0.06%
Heavy Metals	$\leq 10$ cfu/g	<10 cfu/g
Assay	$\geq 99.0\%$	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 testing when properly stored.

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS



### Certificate of Analysis

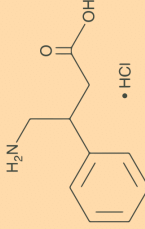
**Client:**  
Synaptent LLC  
47 W Polk Street, 100-241  
Chicago, IL 60654

**Sample Collected By: Client**

Product Name	Phenibut HCL	Product Lot Number	20201011
Report Date	01/20/21	Laboratory Number	21011698

Description	Method	Specification	Results
Assay	HPLC	NLT 99%	99.3%

#### PHENIBUT HYDROCHLORIDE



#### Main Benefits

- Phenibut HCl is a calming, mood lifting, sociability enhancing, and stress reducing agent to ease stress and support healthy sleep.
- The primary benefits of Phenibut HCl include reduced feelings of exhaustion, tiredness and stress, as well as promotion of deep, restful sleep.
- Phenibut HCl is the stable hydrochloride form of this supplement and is a potent and powerful relaxing and calming agent.

#### Main Cautions

- **Phenibut increases blood acidity** 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 general guideline, use one level scoop 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 milligram (mg) 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.
- 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.

Collin Thomas  
Laboratory Manager

01/20/2021 1/22/21  
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 reference be made to the work, the result, or the company in any news release, public announcements or advertising without our prior written consent.

812 Meadow Lark Lane, Goodlettsville, TN 37072  
Tel: 615-239-8604