



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

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CERTIFICATE OF ANALYSIS

Phenibut HCL (β-phenyl-γ-aminobutyric acid HCl)

Material Lot #: 20180701 Manufacture Date: 07/15/2018
Country of Origin: China Expiration Date: 07/18/2021

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.98%

Test	Specification	Result
Appearance	Off-white crystalline powder	Complies
Identification	Characteristic	Complies
Relative Material	≤0.1%	Complies
Melting Point	194.0-202.0°C	198.9-200.5°C
pH	X.XX	2.55
Clarity of Solution	≤1#	Complies
Iron	≤0.005%	Complies
Loss on Drying	≤0.5%	0.04%
Residue on Ignition	≤0.1%	0.01%
Heavy Metals	≤10 cfu/g	<10 cfu/g
Assay	≥99.0%	99.98%

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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Product Name	Phenibut HCL	Product Lot Number	20180701
Report Date	08/13/2018	Laboratory Number	10683

Description	Method	Result
Assay	HPLC	99.9 %
Lead	ICP-MS	0.019 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	<0.001 ppm
Mercury	ICP-MS	0.036 ppm
Identification	1H-NMR	Conforms

Michael Robil
Michael Robil
QA Auditor

08/13/18
08/13/2018
Date

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 Phenibu 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 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.

PHENIBUT HYDROCHLORIDE

NC(Cc1ccccc1)CC(=O)O

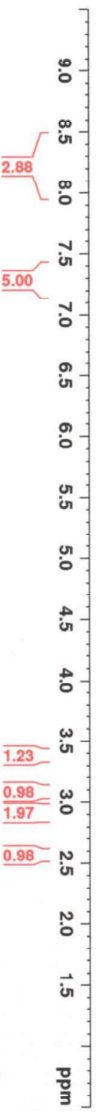
• HCl

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately 800mg 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.

¹H NMR of Phenibut HCl
 In DMSO
 Lot # 10683
 Colmaric Analytical
 8-8-18



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Current Data Parameters
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PROCNO   1
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RG         32
AQRES    1.2
FIDRES   0.120000
SOLVENT  DMSO
NS       320
DS       4
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RGRES    3.120000
AQRES    0.120000
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DE        23.461
TE        300.2
T1        1.500000
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T200     1
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P1        11.40
PL1       0.00
PL12      18.498
PL13      2.50
SFO1      400.130097
F2 - Processing parameters
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DE        23.461
TE        300.2
SFO       400.130097
  
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