

# 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 #: 20190601  
Country of Origin: China

Manufacture Date: 06/06/2019  
Expiration Date: 06/09/2022

Analysis	Claim	Result
Phenibut HCL	$\geq 99.0\%$	99.32%

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	196.6-198.6°C
pH	2.3-2.7	2.45
Clarity of Solution	$\leq 1\#$	Complies
Iron	$\leq 0.005\%$	Complies
Loss on Drying	$\leq 0.5\%$	0.4%
Residue on Ignition	$\leq 0.1\%$	0.05%
Heavy Metals	$\leq 10$ cfu/g	<10 cfu/g
Assay	$\geq 99.0\%$	99.32%

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.

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

### 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.



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

Certificate of Analysis

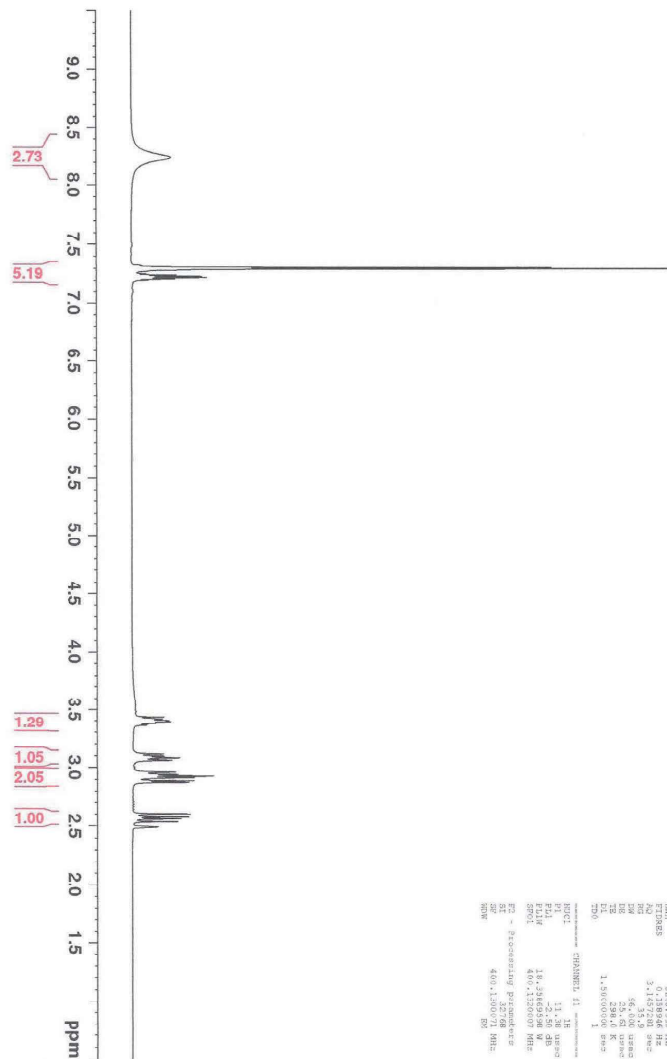
Synaptent LLC  
 47 W Polk Street, 100-241  
 Chicago, IL 60654

Product Name	Phenibut HCL	Product Lot Number	PABA20190601
Report Date	08/26/2019	Laboratory Number	12584

Description	Method	Result
Identification	H-NMR	Conforms to structure
Assay	HPLC	99.3%
Lead	ICP-MS USP <730>	0.033 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.003 ppm
Mercury	ICP-MS USP <730>	0.010 ppm

Collin Thomas *Collin Thomas*  
 Laboratory Manager

08/26/2019 *8/26/19*  
 Date



Client Data Parameters  
 EXPTNO: 00000001  
 PROCNO: 1  
 F2 - Acquisition Parameters  
 Name: 0811142  
 Date\_Time: 08/26/2019 11:42  
 PROBHD: 5 mm PABBO-5  
 PULPROG: zgpg30  
 TD: 65536  
 SFO: 400  
 D0: 0.00000000  
 AQ: 0.00000000  
 FIDRES: 0.00000000  
 AQRES: 0.00000000  
 TE: 298.4 K  
 DE: 1.50000000 mm  
 INJ: 1.00000000  
 CHANNEL: 1H  
 NUC1: 1H  
 P1: 12.00  
 PL1: -2.50 dB  
 F1: 400.1460000 MHz  
 SFO: 400.1460000 MHz  
 F2 - Processing parameters  
 SI: 32768  
 SF: 400.1460000 MHz  
 DSF: 32768

1H NMR of phenibut HCl  
 In DMSO  
 Lot # 12584  
 Colmaric Analytical  
 400 MHz  
 08-26-19