



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

liftmode@liftmode.com
www.liftmode.com

CERTIFICATE OF ANALYSIS

Phenibut HCL Powder

(β-phenyl-γ-aminobutyric acid HCl)

Material Lot #: 180220 Manufacture Date: 02/20/2018
Country of Origin: China Expiration Date: 02/19/2020

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.39%

Test	Specification	Result
Appearance	Almost White Crystal	Complies
Related Substances	≤0.1	Complies
Clarity of Solution	1*	Complies
Iron %	≤0.005%	Complies
Melting Point	194.0-202.0°C	197.6-198.8°C
pH	2.3-2.7	2.46
Loss on Drying	≤0.5%	0.25%
Residue on Ignition	≤0.1%	0.06%
Mesh Size	15-30 Mesh	Conforms
Heavy Metals (µg/g)	≤10 ppm	Conforms

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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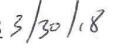
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Product Name	Phenibut HCL	Product Lot Number	180220
Report Date	03/30/18	Laboratory Number	10018

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	CA-081 (HPLC)	99.1%
Lead	ICP-MS USP <730>	0.005 ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.006 ppm
Mercury	ICP-MS USP <730>	0.001 ppm

Collin Thomas 
Laboratory Manager

03/30/2018 
Date

Supplement Facts		
Serving Size: 500 mg		
	Amount Per Serving	% Daily Value*
Phenibut HCl (Powder)	500 mg	†
† Daily Value not Established		
The statements on this product have not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure, or prevent any disease.		

Measurement: A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately 500 mg of Phenibut HCL powder. Use of a scale with 10mg / 0.01g or better accuracy is highly recommended.

Use Instructions: As a dietary supplement, take 1-2 servings 1-2 times per day. Start at lower suggested quantity to assess response. **Never consume phenibut for more than two days total per week. Never consume more than 8 servings (4 grams) of phenibut per week.**

Caution: Never exceed maximum usage guidelines! Misuse of more than 4 grams of Phenibut per week, in violation of use instructions, can cause serious temporary side effects including anxiety, insomnia and depression upon cessation. If consuming more than 4 grams of Phenibut per week, consult your physician immediately and reduce use. Not for use by people under the age of 18. Excessive consumption may cause drowsiness and impair ability to drive or operate heavy equipment. Never consume Phenibut in combination with alcohol or sedatives. Not for use by pregnant or nursing women.

Phenibut HCl

- Reduces stress
- Promotes healthy sleep
- Creates feeling of well-being
- Phenibut is a nonopiate substance that acts as a GABA agonist to treat stress and anxiety and promotes restful sleep.
- The primary effects of Phenibut use include pain-reduction, promoting calmness and a feeling of well-being, reduction of stress and promotion of restful sleep at higher doses.
- The recommended dose 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 β -Phenyl- γ -aminobutyric acid or nocifex, has been used significantly in Russia since the 1950s as a hypnotic supplement for treating anxiety and stress, for the promotion of feeling of well-being and to promote good sleep. GABA, the primary inhibitory neurotransmitter molecule in the brain, acts broadly and to promote relaxation, mood-elevating and global anxiolytic effects acting via GABA_A receptors (GABA_A subtype 5). Targeting GABA_A subtypes induces anxiolytic and has positive effects on memory, learning and mood. Phenibut (or fenibut / phenibol) acts primarily as a GABA_A agonist and also plays a role in activating some GABA_A receptors and is noncompetitive in the two. It can be used as a GABA_A agonist if important because it is not possible to supplement with GABA alone due to the chemical structure of the molecule. The phenyl group on phenibut (not the name!) allows the chemical to cross the blood-brain barrier, while GABA itself cannot do this. It should be noted that other commonly used substances are not GABA agonists and these include alcohol 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 creating other effects that include mood lift and euphoria associated with analgesics.¹

It is important to remember the different GABA_A 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_A receptor groups. In most cases of third phenotype, when the dose is high enough to promote pain relief, those effects start setting in the evidence. This is because of interactions with other GABA_A receptor groups.

One benefit of Phenibut is that the dose can be altered according to what effect is desired. For simple anxiety relief and mood lift a lower dose is used. When the dose is increased, the chemical can become a hypnotic, it can be used as a sedative and for treatment of sleep apnea. This is because of the nature of GABA molecules. As explained before, GABA is an inhibitory molecule and is able to "turn our" information from the CNS. This is why it acts as a regulator for the perception of pain – it is able to stop pain modulation from entering our brain and allows us to only

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 those perceptions and act as a sedative to improve sleep.²

A lot of research has gone into the use of phenibut as a neuroprotective 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 dehydration, injury or during extreme physical exertion and can result in overtraining.

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

¹Scientists have concluded from these studies that Phenibut results in higher cardiac conduction rate/respiratory rate, higher GFR, vasomotor pressure during pain/trauma, and increased factors of autonomic dysregulation.³

Phenibut recommended dosage

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 a higher dose it is also more of a sedative and results in better sleep. It is not recommended to exceed the daily dose as overdoing it possible. Also take note that 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 sport 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, weakness, memory reduction and lethargy and these are common with the use of all GABA agonists.⁴

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, anxiety 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.⁵ The man was doing at 20grams phenibut per day which is a huge amount and creates massive risks of overdosing. The symptoms he experienced are not uncommon in alcohol dependent withdrawal as well as withdrawal from barbiturates, GABA_A 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!⁶

References

¹Phenibut is known as GABA_A agonist and mood lift. <https://www.researchgate.net/publication/317411498>

²The use of GABA_A receptors and mood lift. <https://www.researchgate.net/publication/317411498>

³The use of GABA_A receptors and mood lift. <https://www.researchgate.net/publication/317411498>

⁴The use of GABA_A receptors and mood lift. <https://www.researchgate.net/publication/317411498>

⁵The use of GABA_A receptors and mood lift. <https://www.researchgate.net/publication/317411498>

⁶The use of GABA_A receptors and mood lift. <https://www.researchgate.net/publication/317411498>

¹H NMR of Phenibut HCl
In DMSO
Lot # 10018
Colmaric Analytical
400 MHz
03-27-18

