



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 #: 180422 Manufacture Date: 04/22/2018
Country of Origin: China Expiration Date: 04/21/2021

Analysis	Claim	Result
Phenibut HCL	≥99.0%	99.38%
Test	Specification	Result
Appearance	Almost White Crystal	Complies
Related Substances	≤0.1	Complies
Iron %	≤0.005%	Complies
Melting Point	194.0-202.0°C	197.6-198.7°C
pH	2.3-2.7%	2.44%
Loss on Drying	≤0.5%	0.23%
Residue on Ignition	≤0.1%	0.06%
Mesh Size	15-30 Mesh	Conforms
Heavy Metals (µg/g)	≤10 ppm	Conforms
Sulfate	≤0.05%	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.



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

liftmode@liftmode.com
www.liftmode.com

CERTIFICATE OF ANALYSIS

Product Name	Phenibut HCL	Product Lot Number	180422
Report Date	06/30/18	Laboratory Number	10500

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	100.0%
Lead	ICP-MS USP <730>	0.029ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.003 ppm
Mercury	ICP-MS USP <730>	0.026 ppm

Collin Thomas
Laboratory Manager

06/30/2018
Date

Main Benefits

- Phenibut HCl is a beta-amino acid derivative that acts as a GABA-B agonist to ease stress and support healthy sleep.
- The primary benefits of Phenibut HCl include stress relief, improved mood, and stress, as well as promotion of sleep, mental clarity, and calming agent.
- Phenibut HCl is the stable hydrochloric acid form of this supplement and is a potent and powerful relaxing and calming agent.

Main Cautions

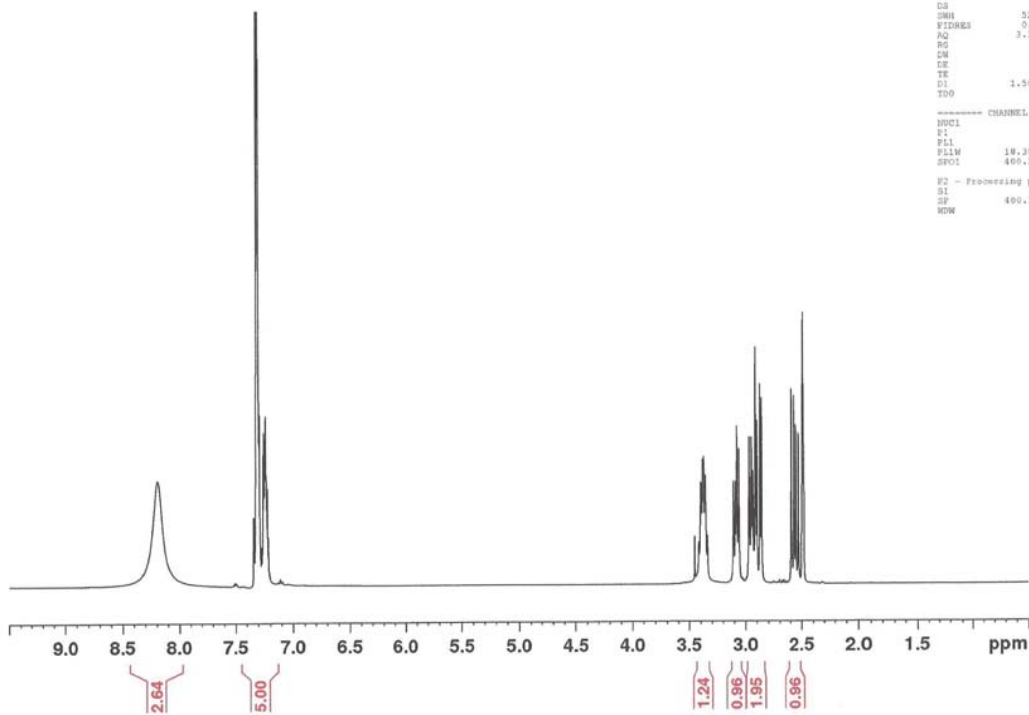
- Phenibut tolerance builds rapidly and it should not be used more than twice per week to mitigate the potential for adverse effects.
- Do not exceed the recommended serving size. Side effects may include irritability, vertigo, nausea and tachycardia.
- Overuse of Phenibut HCl can cause physical dependence and withdrawal. Symptoms of withdrawal may include anxiety, depression, and insomnia.

Usage Tips

- This supplement is not intended to treat, diagnose, prevent, or cure any disease. Consult your physician if you are taking any medical conditions or if you are taking any prescription medication.
- It is safe to stack Phenibut HCl with other supplements, but the total amount of stimulants should 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.

PHENIBUT HYDROCHLORIDE
• HCl

**¹H NMR of Phenibut HCl
in DMSO
Lot # 10500
Colmaric Analytical
400 MHz
06-27-18**



Current Data Parameters
NAME Jun27-2018-colmaric
EXPNO 1
PROCNO 1

F2 - Acquisition Parameters
Date_ 20180627
Time 12:28
INSTRUM spect
PROBHD 5 mm PABBO-5B-
PULPROG zg30
TD 32768
SOLVENT DMSO
NS 32
DS 0
SWH 5208.233 Hz
FIDRES 0.158946 Hz
AQ 3.1457281 sec
RG 90.5
DM 96.000 usec
DE 25.61 usec
TE 298.0 K
D1 1.5000000 sec
TD0 1

----- CHANNEL f1 -----
NUC1 1H
P1 11.18 usec
PL1 -2.50 dB
PLW 18.35869598 W
SFO1 400.130007 MHz

F2 - Processing parameters
SI 32768
SF 400.1300069 MHz
SOLV DM