

# LIFTMODE

LIFTMODE  
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Chicago, IL 60605

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## CERTIFICATE OF ANALYSIS

### NAC

N-Acetyl L-Cysteine

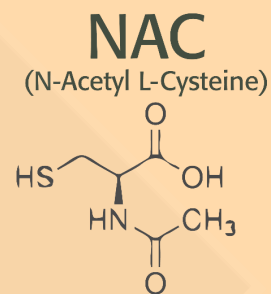
Material Lot #: 190318  
Country of Origin: China

Manufacturer Analysis Date: 03/18/2019  
Analysis Date: 04/07/2020  
Retesting Date: 04/07/2023

Analysis	Claim	Result
N-Acetyl L-Cysteine	≥98.5%	100.13%

Test	Specification	Result
Assay	≥98.5%	100.13%
Residue on Ignition	≤0.2%	0.05%
Chloride	≤0.04%	Complies
Sulfate	≤0.03%	Complies
Ammonium	≤0.02%	Complies
Iron	≤20 ppm	Complies
Lead	≤1 ppm	Complies
Arsenic	≤0.5 ppm	Complies
Cadmium	≤0.5 ppm	Complies
Mercury	≤0.1 ppm	Complies
Zinc	≤10 ppm	Complies
Heavy Metals	≤10 ppm	Complies
Individual Impurities	≤0.5%	Complies
Total Impurities	≤2.0%	Complies
pH	2.0-2.8	2.23
Loss on Drying	≤0.5%	0.16%
Total Plate Count	≤1,000 cfu/g	Complies
Yeast & Mold	≤100 cfu/g	Complies
Salmonella	Negative	Complies
Coliforms	Negative	Complies
E.Coli	Negative	Complies

NAC should be stored at or below room temperature in a tightly sealed durable container.  
NAC should be protected from excess heat, direct sunlight, excess humidity and moisture.  
NAC has a retesting period of 3 years from the date of analysis when properly stored.



### Main Benefits

- NAC is a form of the essential amino acid Cysteine, which can play an important role in the detoxification of the liver and kidneys.
- Studies also indicate that NAC can be used to improve mood and reduce addictive cravings.
- NAC also has a synergistic effect with L-Cysteine when taken as a supplement.

### Main Cautions

- NAC may cause drowsiness, so we advise not to take this supplement prior to driving or operating other heavy equipment.
- Excessive amounts of NAC may result in oral inflammation, sweatiness and a stuffy nose.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

### Usage Tips

- A 0.625 cc measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **650mg of NAC**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of NAC are dependent on the amount taken. 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 easier to tolerate.
- 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 NAC with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of NAC are most effective when they are supported by a healthy diet and plenty of exercise.



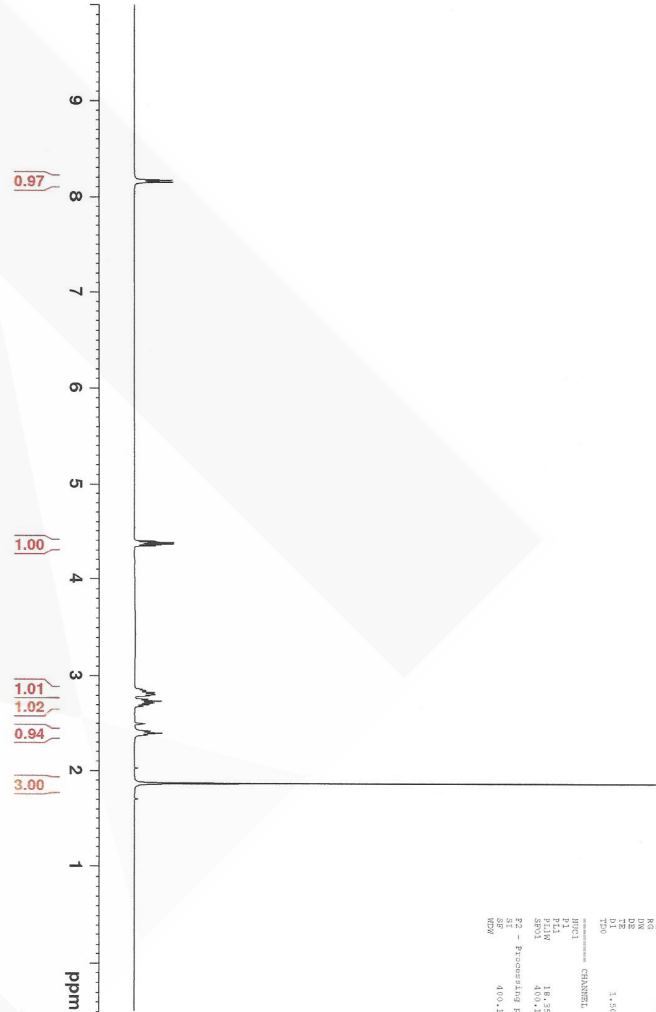
# Certificate of Analysis

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

**Sample Collected By: Client**

Product Name	N-Acetyl-L-Cysteine	Product Lot Number	190318
Report Date	04/07/20	Laboratory Number	20030037

Description	Method	Result
Identification	H-NMR	Conforms
Assay	HPLC	99.4%
Lead	ICP-MS	0.007 ppm
Arsenic	ICP-MS	0.037 ppm
Cadmium	ICP-MS	<0.001 ppm
Mercury	ICP-MS	<0.001 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Absent



1H NMR of N-Acetyl-L-cysteine  
 in DMSO  
 Lot #20030037  
 Colmaric Analytical  
 400 MHz  
 04-03-20

Current Data Parameters  
 Name: Rpt03-2020-colmaric  
 P1: 1  
 P2 - Acquisition Parameters  
 Date\_: 20200403  
 Time\_: 11:18:43  
 INSTRUM: spect  
 PROBHD: 5 mm PABBO BBO  
 PULPROG: zgpg30  
 TD: 65536  
 SFO: 400.1362698  
 F2: 400.1362698  
 AQ: 0.1270000  
 RG: 4096  
 CHAN: 13C  
 NUC1: 13C  
 P1: 11.00  
 FID1: 11.18  
 SFO1: 101.6261200  
 P2 - Processing parameters  
 SI: 32768  
 SF: 400.1362698  
 DS: 4  
 AS: 32768  
 RM: 1024

Collin Thomas   
 Laboratory Manager

04/07/2020   
 Date

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