

# LIFTMODE

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

liftmode@liftmode.com  
liftmode.com

## CERTIFICATE OF ANALYSIS

### Erythritol

(2R,3S)-Butane-1,2,3,4-tetrol

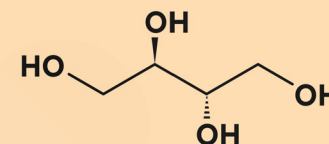
Material Lot #: 19062272  
Country of Origin: China

Manufacturer Analysis Date: 06/22/2019  
Analysis Date: 02/11/2020  
Retesting Date: 02/11/2023

Analysis	Claim	Result
Erythritol	≥95%	96.1%

Test	Specification	Result
HNMR ID	Conforms	Conforms
HPLC Assay	≥95%	96.1%
ICP-MS		
Arsenic	≤1.5 ppm	<0.0001 ppm
Lead	≤0.5 ppm	<0.0001 ppm
Cadmium	≤0.5 ppm	0.024 ppm
Mercury	≤0.5 ppm	0.100 ppm
Total Aerobic Count	<1000 cfu/g	Conforms
Yeast & Mold	<100 cfu/g	Conforms
Coliform	<10 cfu/g	Conforms
<i>E. coli</i>	Negative	Conforms
Salmonella	Negative	Conforms

## Erythritol



### Main Benefits

- **Erythritol** is a naturally occurring sugar alcohol found in some fruits and fermented foods.
- At roughly 70% the sweetness of sugar and 6% the calories, **Erythritol** is an ideal sweetener to use in place of sugar.
- **Erythritol** is resistant to metabolization by oral bacteria and does not contribute to oral hygiene/tooth decay like high-sugar diets.

### Main Cautions

- **Erythritol** is generally well tolerated but may cause gastrointestinal upset if taken in quantities exceeding 40 grams. Individual cases may vary.
- Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.

### Usage Tips

- A 1.7cc (1/3rd teaspoon) measuring scoop is included. One rounded scoop contains one serving of approximately **1000mg Erythritol**. As a dietary supplement, take 1 serving up to 2 times per day. Start at the lower suggested quantity to assess response.
- Liftmode **Erythritol** purity is ≥95%
- **Erythritol** is commonly used in baking and beverages as a healthier alternative to sugar and high-fructose corn syrup.
- This dietary 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 **Erythritol** with other supplements as long as the amount consumed does not exceed the suggested serving size.
- The benefits of **Erythritol** are most effective when they are supported by a healthy diet and plenty of exercise.

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



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

Certificate of Analysis

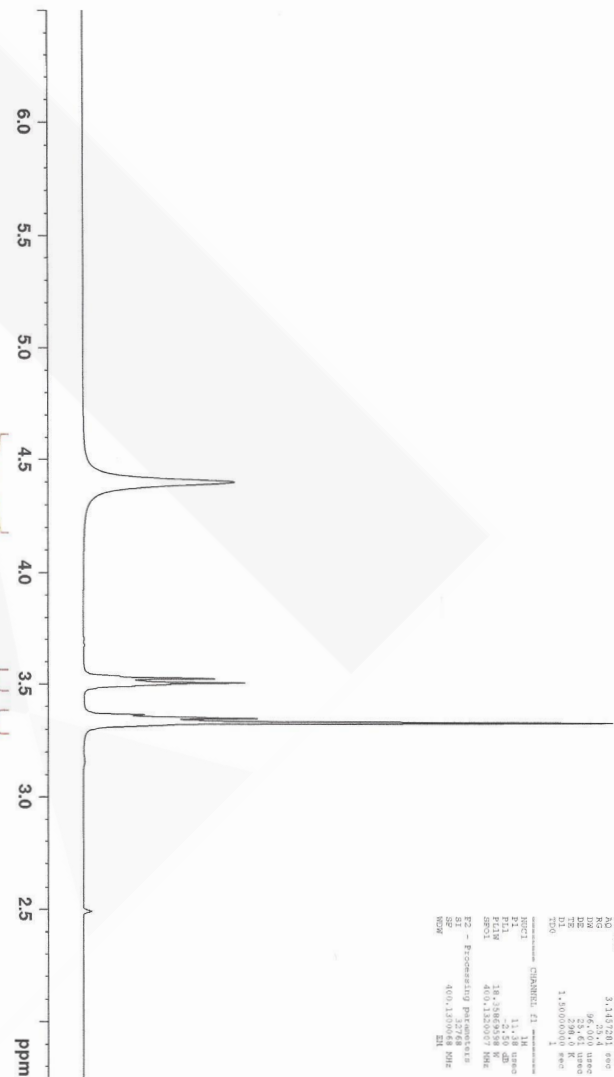
Synaptent LLC  
 47 W Polk Street, 100-241  
 Chicago, IL 60654

Product Name	Erythritol	Client Lot Number	19062272
Report Date	02/11/20	Laboratory Number	13680

Test	Method	Result
Identification	H-NMR	Conforms
Assay	HPLC	96.1%
Lead	ICP-MS USP <730>	<0.0001 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.024 ppm
Mercury	ICP-MS USP <730>	0.100 ppm

Collin Thomas *Collin Thomas*  
 Laboratory Manager

02/11/2020 *2/11/20*  
 Date



**<sup>1</sup>H NMR of Erythritol**  
 in DMSO  
 lot # 13680  
 Colmaric Analytical  
 400 MHz  
 02-05-20

Current Data Parameters  
 Name: P005-2020-02Jan16  
 ExpNO: 1  
 F2 - Acquisition Parameters  
 Date\_UTC: 20200215  
 Time: 12:00:00.000  
 INSTRUM: spect  
 FIDUCIAL: 430  
 PULPROG: zgpg30  
 TO: 327.660  
 SFO: 400.1464000  
 N2: 32  
 N1: 32  
 SFO1: 520.8133 Hz  
 F2 - Processing parameters  
 Date\_UTC: 20200215  
 Time: 12:00:00.000  
 DE: 2.0000000  
 SI: 32768  
 SF: 400.1464000 MHz  
 FIDRES: 1.4607000 Hz  
 AQ: 1.0000000  
 EQ2: 1.0000000  
 GB: 0.0000000  
 PC: 11.1800000  
 PD: 18.1580000 dB  
 PL1: 18.1580000 dB  
 SFO1: 400.1464000 MHz  
 F2 - Processing parameters  
 Date\_UTC: 20200215  
 Time: 12:00:00.000  
 SF: 400.1464000 MHz  
 N2: 32

The result(s) stated in this report is only for the sample submitted. This report may not be reproduced in whole or in part, nor may any reference be made to the work, the result, or the company in any news release, public announcements or advertising without our prior written consent.