



Certificate of Analysis

47 W Polk St. STE 100-241
Chicago, IL 60605
liftmode@liftmode.com

LiftMode

5-HTP

5-Hydroxytryptophan

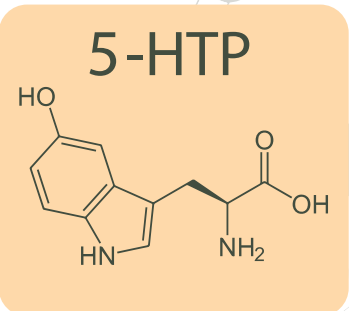
Material Lot #: C062010003 Test Date: 06/09/2021
Country of Origin: China Re-Test Date: 06/08/2024

Analysis	Claim	Result
5-HTP	≥99%	99.9%

Test	Specification	Result
5-HTP (HPLC)	≥99%	99.9%
Lead	≤0.5ppm	0.00575 ppm
Mercury	≤0.5ppm	<0.005 ppm
Cadmium	≤0.5ppm	<0.005 ppm
Arsenic	≤0.5 ppm	<0.010 pm
Total Aerobic Plate Count	<10 cfu/g	<10 cfu/g
Yeast	<10 cfu/g	<10 cfu/g
Moulds	<10 cfu/g	<10 cfu/g
Escherichia coli	<10 cfu/g	<10 cfu/g
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Not Detected per 25 g
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

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

5-HTP



Main Benefits

- 5-HTP is a naturally occurring amino acid, acting as a chemical precursor to serotonin, that can likely help improve mood.
- 5-HTP is often taken as a sleep aid, and is believed to help reduce the time taken to fall asleep by improving melatonin levels.
- 5-HTP is also taken as an appetite suppressant.

Main Cautions

- 5-HTP is considered to be a highly safe and effective natural dietary supplement, when taken at the recommended serving size.
- Side effects of larger servings may include upset stomach and nausea. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting your doctor if you are taking any medication or have any underlying medical conditions.

Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **50mg of 5-HTP**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of 5-HTP 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 5-HTP with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of 5-HTP are most effective when they are supported by a healthy diet and plenty of exercise.



S & N LABS

2021 E. Fourth Street

Santa Ana, California 92705

(714) 543-2211

10 June 2021

Job Number: 25112
PO Number: verbal

Synaptent LLC
47 West Polk Street #100-241
Chicago, Illinois 60605

REPORT OF ANALYSIS

One blue container labeled "5-HTP C062010003" was received on 7 June 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was monitored at 206 nm. The results are summarized in the table below.

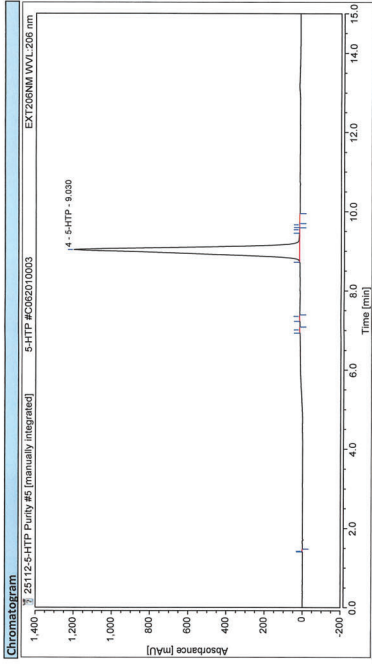
Sample	Chromatographic Purity (% area)
5-HTP C062010003	99.9

The chromatogram is enclosed for your reference.

Neil E. Spingarn, Ph.D.
President

Chromatogram and Results

Injection Details	
Injection Name:	5-HTP #C062010003
Vial Number:	GB4
Injection Volume:	20.00
Wavelength:	EX 206NM
Calibration Level:	Unknown
Instrument Method:	AC Ionic Strength Scherzo Method
Processing Method:	Processing Method
Injection Date/Time:	09/June/21 16:43
Dilution Factor:	n.a.
Sample Weight:	1.0000



No.	Peak Name	Retention Time (min)	Area (mAU*min)	Height (mAU)	Relative Area (%)	Relative Height (%)	Amount
1		1.423	0.057	0.11	0.03	0.8	n.a.
2		7.010	0.056	0.911	0.03	0.08	n.a.
3		7.350	0.103	1.603	0.05	0.13	n.a.
4	5-HTP	9.030	198.161	1182.281	99.87	99.59	n.a.
5		9.540	0.028	0.408	0.01	0.03	n.a.
		9.870	0.008	0.109	0.00	0.01	n.a.
Total:			198.411	1187.124	100.00	100.00	

Report Template: Integration

ChemStation (64-bit)
Version: 2.10.20055

eurofins | Eurofins Microbiology Laboratories (New Berlin)

Eurofins Microbiology Laboratories (New Berlin)

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Client Code: OH4000902
PO#: C062010003
Received On: 04/June/2021
Reported On: 16/June/2021

ANALYTICAL REPORT

AR-21-OH-031936-01

Synaptent
Joseph Watkins
1442 W. Fulton Street
Chicago, IL 60607

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ANALYTICAL REPORT

AR-21-OH-031936-01

Eurofins Sample Code: 477-2021-06040110
Client Sample Code: C062010003
Sample Description: 5-HTP
UMIB1 - Yeast - FDA BAM Chapter 18

Sample Registration Date: 04/June/2021
Condition Upon Receipt: acceptable, 24.5°C
Sample Reference: C062010003

Reference: FDA BAM Chapter 18 mod.

Parameter	Result
Yeast	< 10 cfu/g
Moulds	< 10 cfu/g

UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72

Reference: CMMEF Chapter 8.72

Accreditation: ISO/IEC 17025:2017 AZLA 3329.07

Parameter	Result
Aerobic Plate Count	< 10 cfu/g

Subcontracting partners:

1 - Eurofins Food Chemistry Testing US, Madison, WI

Respectfully Submitted,

Michael Kaiser
Associate Technical Leader



Results shown in this report relate solely to the item submitted for analysis. Any opinions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation. All results are reported on an "As Received" basis unless otherwise stated. Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. All work done in accordance with Eurofins General Terms and Conditions of Sale: www.eurofins.com/terms_and_conditions.pdf. (*) Indicates a subcontractor test to a different lab. Lab(s) are listed at end of the report. For further details about the performing lab(s) please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

Eurofins Sample Code: 477-2021-06040110
Client Sample Code: C062010003
Sample Description: 5-HTP
FS001 - Heavy Metals (As, Cd, Hg, and Pb)

Sample Registration Date: 04/June/2021
Condition Upon Receipt: acceptable, 24.5°C
Sample Reference: C062010003

Reference: AOAC 2011.19 and 983.14 (modified)

Accreditation: ISO/IEC 17025:2017 AZLA 2918.01

Parameter	Result
Arsenic	< 10.0 ppb
Cadmium	< 5.00 ppb
Lead	5.75 ppb
Mercury	< 5.00 ppb

UM8VD - Total Coliforms - CMMEF Chapter 9.933

Reference: CMMEF Chapter 9.933

Accreditation: ISO/IEC 17025:2017 AZLA 3329.07

Parameter	Result
Coliforms	< 10 cfu/g
Escherichia coli	< 10 cfu/g

UMDTC - Salmonella species - AOAC-R1 121501

Reference: AOAC-R1 121501

Accreditation: ISO/IEC 17025:2017 AZLA 3329.07

Result: Not Detected per 25 g

UMHBM - Staphylococcus aureus - BAM Chapter 12

Reference: BAM Chapter 12

Accreditation: ISO/IEC 17025:2017 AZLA 3329.07

Parameter	Result
Staphylococcus aureus	< 10 cfu/g

UMIB1 - Yeast - FDA BAM Chapter 18 mod.

Reference: FDA BAM Chapter 18 mod.

Accreditation: ISO/IEC 17025:2017 AZLA 3329.07