

# LIFTMODE

LIFTMODE  
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Chicago, IL 60605

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## CERTIFICATE OF ANALYSIS

### 5-HTP

(5-Hydroxytryptophan)

Material Lot #: 200710  
Country of Origin: China

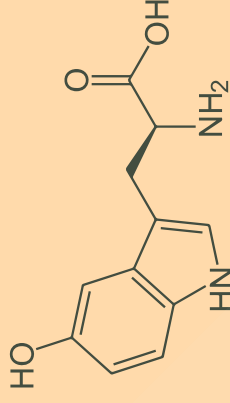
Analysis Date: 08/19/2020  
Retesting Date: 08/19/2023

Analysis	Claim	Result
5-HTP	≥98%	101.8%

Test	Specification	Result
H-NMR ID	Conforms	Conforms
HPLC Assay	≥98%	101.8%
ICP-MS		
Arsenic	≤1.5 ppm	0.109 ppm
Lead	≤0.5 ppm	0.050 ppm
Cadmium	≤0.5 ppm	0.004 ppm
Mercury	≤0.5 ppm	<0.001 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

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 natural supplement, acting as a chemical precursor to serotonin to help improve mood.
- 5-HTP is well-known natural sleep aid, and helps to reduce the time taken to fall asleep by improving melatonin levels.
- In addition to promoting healthy sleep, 5-HTP reduces stress and supports a healthy metabolism.

### 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.



# Certificate of Analysis

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

**Sample Collected By:** Client

Product Name	5-HTP	Product Lot Number	200710
Report Date	08/19/20	Laboratory Number	20080795

Description	Method	Result	Result
5-Hydroxy L-tryptophan	H-NMR	Conforms	Conforms
Lead	HPLC	NLT 98%	101.8%
Arsenic	ICP-MS	<1 ppm	0.050 ppm
Cadmium	ICP-MS	<1 ppm	0.109 ppm
Mercury	ICP-MS	<1 ppm	0.004 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g	<0.001 ppm
Yeast & Mold	Biolumix	<100 cfu/g	<1,000 cfu/g
E. Coli	Biolumix	Absent	Absent
Salmonella	Biolumix	Absent	Absent

Collin Thomas *CM*  
 Laboratory Manager

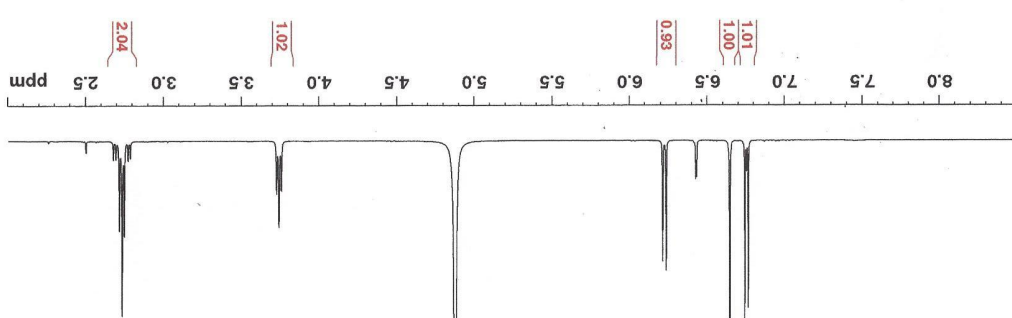
08/19/2020 *8/19/20*  
 Date

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 Tel: 615-239-8604

Current Data Parameters  
 NAME Ang11-2020-c01m1r10  
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 F2 - Acquisition Parameters  
 Date: 2020811  
 Time: 12:47  
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 TP 52788  
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 F1DRS 4.138948 Hz  
 NS 3.14159265 Hz  
 NS 256  
 NS 96.000 usec  
 NS 25.61 usec  
 NS 256.0 K  
 NS 1.50000000 usec  
 TD0 1

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 F1A 2.50 usec  
 F1B 18.39669398 M  
 SFO1 400.132007 MHz  
 F2 - Processing Parameters  
 SFO2 400.130065 MHz  
 SF 32768  
 MDM 8M



1H NMR of 5-HTP  
 in D2O/DCI  
 Lot #20080795  
 Colmaric Analytical  
 400 MHz