



Certificate of Analysis

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

LiftMode

Fisetin

7,3',4'-flavon-3-ol

Material Lot #: 191016014801

Test Date: 09-07-2022

Country of Origin: China

Re-Test Date: 09-04-2025

Analysis

Claim

Result

Fisetin

≥85%

87.1%

Test

Specification

Result

Fisetin (HPLC)

≥85%

87.1%

Lead

≤0.5ppm

0.207 ppm

Mercury

≤0.5ppm

<0.005 ppm

Cadmium

≤0.5ppm

0.0205 ppm

Arsenic

≤0.5 ppm

0.108 ppm

Total Aerobic Plate Count

<1000 cfu/g

<10 cfu/g

Yeast

<100 cfu/g

<10 cfu/g

Moulds

<100 cfu/g

<10 cfu/g

Escherichia coli

<10 cfu/g

<10 cfu/g

Coliforms

<10 cfu/g

<10 cfu/g

Salmonella

Negative

Negative

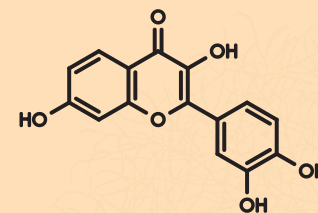
Staphylococcus aureus

<10 cfu/g

<10 cfu/g

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

Fisetin



Main Benefits

- Fisetin (7,3',4'-flavon-3-ol) is a plant polyphenol and flavonoid compound related to quercetin and is found in a variety of fruits and vegetables.
- Fisetin has been extensively studied for its powerful antioxidant and health-promoting benefits.
- Recent studies have examined potential neuroprotective and immune-supportive effects of Fisetin.

Main Cautions

- Fisetin is a potent CYP450 inhibitor and should not be mixed with many medications. It has many of the same interactions as grapefruit.
- Fisetin is in many fruits and vegetables and is very well tolerated, even at higher doses. Caution is still advised.
- Consult your physician before using Fisetin if you are taking any medication. There is not enough data to say whether Fisetin is safe for pregnant or breastfeeding women, or if it can be used by children, and therefore should be avoided.

Usage Tips

- A 0.625cc (1/8th teaspoon) measuring scoop is included. One rounded scoop contains approximately one serving of **250mg Fisetin**. As a dietary supplement, take 1 serving up to 2 times per day. Start at the lower suggested quantity to assess response.
- There are no known negative side effects attributed to Fisetin, but caution is still advised for those taking other drugs or supplements that are metabolized by **the CYP450 enzyme class**.
- Some recommend cycling Fisetin or taking it for several weeks at a time before breaks.
- 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 Fisetin with other supplements as long as the amount consumed does not exceed the suggested serving size.
- The benefits of Fisetin are most effective when they are supported by a healthy diet and plenty of exercise.

ANALYTICAL REPORT

AR-22-QH-052226-01

Client Code: QH0000902
PO#: 191016014801

Received On: 06Sep2022
Reported On: 13Sep2022

ANALYTICAL REPORT

AR-22-QH-052226-01

Received On: 06Sep2022
Reported On: 13Sep2022

Eurofins Sample Code: 477-2022-09060173	Sample Registration Date: 06Sep2022
Client Sample Code: 191016014801	Condition Upon Receipt: acceptable, 20.4°C
Sample Description: Fisetin	Sample Reference:
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.
	Accreditation ISO/IEC 17025:2017 A2LA 3329.07
	Completed 12Sep2022

Parameter Yeast
Result < 10 cfu/g

Parameter Moulds
Result < 10 cfu/g

UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference CMMEF Chapter 8.72
	Accreditation ISO/IEC 17025:2017 A2LA 3329.07
	Completed 08Sep2022

Parameter Aerobic Plate Count
Result < 10 cfu/g

Subcontracting partners:
1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

Patricia Quinn
Associate Project Manager I



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8 September 2022

Job Number:	26196
PO Number:	Verbal

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REPORT OF ANALYSIS

One blue container with powder labeled "FISETIN 191016014801" was received on 6 September 2022. A portion of the powder from within the container was analyzed for purity using high pressure liquid chromatography (HPLC). Based on ultraviolet (UV) detection at 195 nm the chromatographic purity of the sample was found to be 87.1%.

The chromatogram is enclosed for your reference.

Chris French, PhD
Principal Scientist

