



# Certificate of Analysis

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

LiftMode

## Fructo-Oligosaccharides



(short-chain fructooligosaccharides [scFOS or FOS])

Material Lot #: 20032811

Test Date: 05-31-2022

Country of Origin: China

Re-Test Date: 05-28-2024

### Analysis

### Claim

### Result

Total scFOS

≥95%

96.6%

### Test

### Specification

### Result

Total scFOS (HPLC)

≥95%

%96.6

Lead

≤0.5ppm

<0.005 ppm

Mercury

≤0.5ppm

<0.005 ppm

Cadmium

≤0.5ppm

<0.005 ppm

Arsenic

≤0.5 ppm

<0.01 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

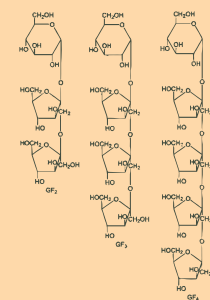
Staphylococcus aureus

<10 cfu/g

<10 cfu/g

FOS should be stored at or below room temperature in a tightly sealed durable container.  
FOS should be protected from excess heat, direct sunlight, excess humidity, and moisture.  
FOS has a retesting period of 2 years from the date of analysis when properly stored.

## Fructo-Oligosaccharides



## Main Benefits

- Short-chained Fructooligosaccharides (scFOS) provide 30-50% of the sweetness provided by cane sugar and can be used to enhance flavor and lower sugar dependence.
- scFOS can also be used as a prebiotic to stimulate the production microbiota in the colon and gastrointestinal track and improving digestive health.
- scFOS has been found to increase the bioavailability of calcium, which is a vital nutrient that promotes strong teeth and bones.

## Main Cautions

- scFOS is recognized as safe within the suggested serving size range.
- Excessive scFOS (> 30g/day) can result in upset stomach and abdominal stress.
- Do not use this supplement without first consulting your doctor if you are taking any medication or have any underlying medical conditions. There is insufficient research to support the use of fructooligosaccharides supplementation during pregnancy and breastfeeding. The use fructooligosaccharides should therefore be avoided if you are pregnant or breast-feeding.

## Usage Tips

- A 1.7 cc measuring scoop is included. Three rounded scoops contains approximately one serving, or approximately **3000mg of scFOS**. 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 scFOS are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is 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 scFOS with other dietary supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of scFOS Extract are most effective when they are supported by a healthy diet and plenty of exercise.

Eurofins Microbiology Laboratories (New Berlin)

2345 S. 170th St.  
New Berlin, Wisconsin 53151  
+1 262 754 5300  
Micro-MKE@EurofinsUS.com

Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

## ANALYTICAL REPORT

AR-22-QH-025252-01

Client Code: QH0000902  
PO#: 20211002

Received On: 04May2022  
Reported On: 09May2022

<b>Eurofins Sample Code:</b>	477-2022-05040083	<b>Sample Registration Date:</b>	04May2022
<b>Client Sample Code:</b>	20032811	<b>Condition Upon Receipt:</b>	acceptable, 19°C
<b>Sample Description:</b>	Fructooligosaccharides (FOS)	<b>Sample Reference:</b>	
<b>FS001 - Heavy Metals (As, Cd, Hg, and Pb)</b>	<b>Reference</b> AOAC 2011.19 and 993.14 (modified)	<b>Accreditation</b>	<b>Completed</b> 09May2022
<b>Parameter</b>	<b>Result</b>		<b>Sub</b> 1
Arsenic	<10.0 ppb		
Cadmium	<5.00 ppb		
Lead	<5.00 ppb		
Mercury	<5.00 ppb		
<b>UM8VD - Total Coliforms - CMMEF Chapter 9.933</b>	<b>Reference</b> CMMEF Chapter 9.933	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 05May2022
<b>Parameter</b>	<b>Result</b>		
Coliforms	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Escherichia coli	< 10 cfu/g		
<b>UMDTC - Salmonella species - AOAC-RI 121501</b>	<b>Reference</b> AOAC-RI 121501	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 05May2022
<b>Parameter</b>	<b>Result</b>		
Salmonella	Not Detected per 25 g		
<b>UMHBM - Staphylococcus aureus - BAM Chapter 12</b>	<b>Reference</b> BAM Chapter 12	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 06May2022
<b>Parameter</b>	<b>Result</b>		
Staphylococcus aureus	< 10 cfu/g		
<b>UMB1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod.	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 09May2022

Page 1 of 2

5/9/22 11:34 pm

Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

## ANALYTICAL REPORT

AR-22-QH-025252-01

Client Code: QH0000902  
PO#: 20211002

Received On: 04May2022  
Reported On: 09May2022

<b>Eurofins Sample Code:</b>	477-2022-05040083	<b>Sample Registration Date:</b>	04May2022
<b>Client Sample Code:</b>	20032811	<b>Condition Upon Receipt:</b>	acceptable, 19°C
<b>Sample Description:</b>	Fructooligosaccharides (FOS)	<b>Sample Reference:</b>	
<b>UMB1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod.	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 09May2022
<b>Parameter</b>	<b>Result</b>		
Yeast	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Mouks	< 10 cfu/g		
<b>UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72</b>	<b>Reference</b> CMMEF Chapter 8.72	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 06May2022
<b>Parameter</b>	<b>Result</b>		
Aerobic Plate Count	< 10 cfu/g		
Subcontracting partners:			
1 - Eurofins Food Chemistry Testing US Madison, WI			

Respectfully Submitted,



Anthony Bichler  
Operations Supervisor



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](http://www.eurofins.com/terms_and_conditions.pdf) | \ Indicates a subcontract test to a different lab, Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

Page 2 of 2

5/9/22 11:34 pm

Eurofins Microbiology Laboratories (New Berlin)

2345 S. 170th St.  
New Berlin, Wisconsin 53151  
+1 262 754 5300  
Micro-MKE@EurofinsUS.com

Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

## ANALYTICAL REPORT

AR-22-QH-028559-02  
Report Supersedes AR-22-QH-028559-01

Client Code: QH0000902  
PO#: 20032811

Received On: 17May2022  
Reported On: 31May2022

<b>Eurofins Sample Code:</b>	477-2022-05170354	<b>Sample Registration Date:</b>	17May2022
<b>Client Sample Code:</b>	20032811	<b>Condition Upon Receipt:</b>	acceptable, 21°C
<b>Sample Description:</b>	Fructooligosaccharides (FOS)	<b>Sample Reference:</b>	
<b>FS02Q - Moisture by 100C Vacuum Oven</b>	<b>Reference</b> AOAC 925.09 (mod.)	<b>Accreditation</b>	<b>Completed</b> 26May2022
<b>Parameter</b>	<b>Result</b>		<b>Sub</b> 1
Moisture	3.26 %		
<b>FS0AS - Fructooligosaccharides, DP 6</b>	<b>Reference</b> AOAC 997.08 mod.	<b>Accreditation</b>	<b>Completed</b> 31May2022
<b>Parameter</b>	<b>Result</b>		<b>Sub</b> 1
Fructooligosaccharides, DP 6	966,000 ppm		

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

Respectfully Submitted,



Bryan Dieckman  
Laboratory Operations Manager

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](http://www.eurofins.com/terms_and_conditions.pdf) | \ Indicates a subcontract test to a different lab, Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

Page 1 of 1

5/31/22 3:45 pm