



# Certificate of Analysis

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

## L-Theanine Capsules

 L-γ-glutamylethylamide

Material Lot #: 1704300

Test Date: 09-27-2022

Country of Origin: China

Re-Test Date: 09-24-2025

### Analysis

### Claim

### Result

L-Theanine

≥99%

>99.9%

### Test

### Specification

### Result

L-Theanine (HPLC)

≥99%

>99.9%

Lead

≤0.5ppm

0.00526 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

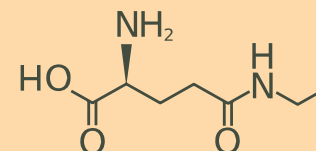
<10 cfu/g

L-Theanine should be stored at or below room temperature in a tightly sealed durable container.

L-Theanine should be protected from excess heat, direct sunlight, excess humidity, and moisture.

L-Theanine has a retesting period of 3 years from the date of analysis when properly stored.

## L-Theanine



### Main Benefits

- L-Theanine is a calming and focusing non-dietary amino acid derivative that is uncommon in food sources and is primarily found in green tea.
- L-Theanine is best-known for its relaxing and mildly stimulating effects, as well as its synergistic relationship with caffeine.
- It has also been found to increase mood and focus, improve sleep quality and have other health promoting effects.

### Main Cautions

- In most cases, L-Theanine is a highly safe and effective dietary supplement that is free from adverse effects when used at the recommended serving size.
- Use with caution. Do not exceed the recommended serving size. This supplement may interact with medication. Please speak to your doctor if you have any underlying medical conditions.
- Do not use if pregnant or breastfeeding.

### Usage Tips

- Each capsule contains approximately one serving, or approximately **200 mg of L-Theanine**. 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 L-Theanine are dependent on the amount taken, so 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 more tolerable.
- 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 L-Theanine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Theanine are most effective when they are supported by a healthy diet and plenty of exercise.

## ANALYTICAL REPORT

AR-22-QH-055739-01

Eurofins Sample Code: 477-2022-09220066 Client Sample Code: 1704300 Sample Description: L-Theanine Capsules		Sample Registration Date: 22Sep2022 Condition Upon Receipt: acceptable, 18.6°C Sample Reference:	
FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference AOAC 2011.19, 993.14 and 2015.01 (modified)	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 29Sep2022
Parameter Arsenic	Result <10.0 ppb		
Parameter Cadmium	Result <5.00 ppb		
Parameter Lead	Result 5.26 ppb		
Parameter Mercury	Result <5.00 ppb		
UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference CMMEF Chapter 9.933	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 23Sep2022
Parameter Coliforms	Result < 10 cfu/g		
Parameter Escherichia coli	Result < 10 cfu/g		
UMDTC - Salmonella species - AOAC-R1 121501	Reference AOAC-R1 121501	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 23Sep2022
Parameter Salmonella	Result Not Detected per 25 g		
UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference BAM Chapter 12	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 24Sep2022
Parameter Staphylococcus aureus	Result < 10 cfu/g		

3 October 2022

Job Number:	26232b
PO Number:	Verbal

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

## REPORT OF ANALYSIS

One container with capsules labeled "L-Theanine Capsules Lot # 1704300" was received on 23 September 2022. A representative capsule was dissolved in deionized (DI) water then the sample was analyzed using high pressure liquid chromatography (HPLC). Based on ultraviolet (UV) detection at 195 nm the chromatographic purity of the sample was found to be >99.9%.

The chromatogram is enclosed for your reference.

Chris French, PhD  
Principal Scientist

## ANALYTICAL REPORT

AR-22-QH-055739-01

Eurofins Sample Code: 477-2022-09220066 Client Sample Code: 1704300 Sample Description: L-Theanine Capsules		Sample Registration Date: 22Sep2022 Condition Upon Receipt: acceptable, 18.6°C Sample Reference:	
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 27Sep2022
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 24Sep2022
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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