



# Certificate of Analysis

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

LiftMode

## NAC

 N-Acetyl L-Cysteine

Material Lot #: 190318 Test Date: 04-25-2023  
Country of Origin: China Re-Test Date: 04-22-2026

### Analysis

### Claim

### Result

N-Acetyl L-Cysteine (NAC)

≥99%

99.8%

### Test

### Specification

### Result

NAC (HPLC)

≥99%

99.8%

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

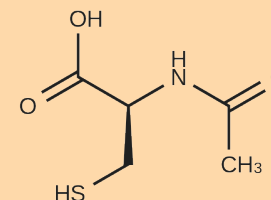
Staphylococcus aureus

<10 cfu/g

<10 cfu/g

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

## NAC (N-Acetyl L-Cysteine)



### Main Benefits

- NAC is a form of the essential amino acid Cysteine, which can play an important role in the detoxification of the liver and kidneys.
- Studies also indicate that NAC can be used to improve mood and reduce addictive cravings.
- NAC also has a synergistic effect with L-Cysteine when taken as a supplement.

### Main Cautions

- NAC may cause drowsiness, so we advise not to take this supplement prior to driving or operating other heavy equipment.
- Excessive amounts of NAC may result in oral inflammation, sweatiness and a stuffy nose.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

### Usage Tips

- A 0.625 cc measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **650mg of NAC**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of NAC 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 NAC with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of NAC are most effective when they are supported by a healthy diet and plenty of exercise.

Synaptent

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

## ANALYTICAL REPORT

AR-23-QH-026919-01

Client Code: QH0000902  
PO#: 190318Received On: 19Apr2023  
Reported On: 27Apr2023

<b>Eurofins Sample Code:</b> 477-2023-04190157	<b>Sample Registration Date:</b> 19Apr2023
<b>Client Sample Code:</b> 190318	<b>Condition Upon Receipt:</b> acceptable, 19°C
<b>Sample Description:</b> N-Acetyl L-Cysteine (NAC)	<b>Sample Reference:</b>

<b>FS001 - Heavy Metals (As, Cd, Hg, and Pb)</b>	<b>Reference</b> AOAC 2011.19, 993.14 and 2015.01 (modified)	<b>Accreditation</b>	<b>Completed</b> 27Apr2023	<b>Sub</b> 1
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<b>Parameter</b>	<b>Result</b>
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> 20Apr2023
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<b>Parameter</b>	<b>Result</b>
Coliforms	< 10 cfu/g

<b>Parameter</b>	<b>Result</b>
Escherichia coli	< 10 cfu/g

<b>UMDTIC - Salmonella species - AOAC-R1 121501</b>	<b>Reference</b> AOAC-R1 121501	<b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07	<b>Completed</b> 20Apr2023
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<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> 21Apr2023
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<b>Parameter</b>	<b>Result</b>
Staphylococcus aureus	< 10 cfu/g

## ANALYTICAL REPORT

Synaptent

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425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

AR-23-QH-026919-01

Client Code: QH0000902  
PO#: 190318Received On: 19Apr2023  
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<b>Eurofins Sample Code:</b> 477-2023-04190157	<b>Sample Registration Date:</b> 19Apr2023
<b>Client Sample Code:</b> 190318	<b>Condition Upon Receipt:</b> acceptable, 19°C
<b>Sample Description:</b> N-Acetyl L-Cysteine (NAC)	<b>Sample Reference:</b>

<b>UMIB1 - 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> 24Apr2023
<b>Parameter</b>	<b>Result</b>		
Yeast	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Moulds	< 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> 21Apr2023
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<b>Parameter</b>	<b>Result</b>
Aerobic Plate Count	< 10 cfu/g

Subcontracting partners:

1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

Patricia Quinn  
Associate Project Manager I

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.eurofinsus.com/terms\\_and\\_conditions.pdf](http://www.eurofinsus.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.

Quality Control Department  
Synaptent LLC  
47 W Polk St. #100-241  
Chicago, IL 60605Received: 04/20/23  
Reported: 04/28/23  
Project#: 26518  
PO Number: Verbal

## Analysis Report: N-Acetyl L-Cysteine (NAC) 190318

This report shall not be reproduced, except in full, without written permission from Eurofins SF Analytical Laboratories. Test results pertain only to those items tested. All samples were in good condition when received by the lab unless otherwise noted. Any conclusions offered in this report are to be considered the opinion and interpretation of the authoring scientist(s) and should be given appropriate review.

## REPORT OF ANALYSIS

One blue jar of powder labeled "N-Acetyl L-Cysteine (NAC) 190318" was received on 20 April 2023.

A portion of the powder was analyzed for purity using high-pressure liquid chromatography (HPLC) with UV detection at 195 nm. The chromatographic purity of the sample was found to be 99.8%.

The chromatogram is enclosed for your reference.

Jordan Farmer, B.S.  
Scientist

Instrument: Annex-2 Sequence: 26518 - NAC Purity Run

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