



Certificate of Analysis

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

LiftMode

Rhodiola Rosea

Arctic root, *Rhodiola roanensis*

Material Lot #: 160623 Test Date: 07-01-2022
Country of Origin: China Re-Test Date: 06-28-2025

Analysis	Claim	Result
Rosavins	≥5%	5.09%
Salidroside	≥2%	3.57%

Test	Specification	Result
Rosavins (HPLC)	≥5%	5.09%
Salidroside (HPLC)	≥2%	3.57%
Lead	≤1.0ppm	0.218 ppm
Mercury	≤0.5ppm	<0.005 ppm
Cadmium	≤0.5ppm	0.0596 ppm
Arsenic	≤1.0ppm	0.673 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

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

Rhodiola Rosea Extract



Main Benefits

- Rhodiola Rosea is an herb that grows primarily in the Arctic regions and has a long history of traditional use as a tonic to prevent stress and fatigue.
- Rhodiola Rosea acts as a powerful antioxidant and helps to improve cognitive performance. It may also have a beneficial effect on mood.
- Rhodiola Rosea is considered an adaptogenic supplement as it helps the body to better adapt to environmental stresses.

Main Cautions

- Side effects are rare and mild but may include agitation, insomnia, anxiety, and occasional headaches, at large servings.
- Do not exceed the recommended serving size for this supplement. There is insufficient information about safety for pregnant and breast-feeding women.
- Rhodiola Rosea may interact with medication. Consult your doctor if you have any underlying medical conditions or are taking any medication.

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **400mg of Rhodiola Rosea**. 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 Rhodiola Rosea 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 Rhodiola Rosea with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Rhodiola Rosea are most effective when they are supported by a healthy diet and plenty of exercise.

ANALYTICAL REPORT


AR-22-QH-035719-01

Client Code: QH0000902
PO#: 160623Received On: 22Jun2022
Reported On: 29Jun2022

Eurofins Sample Code: 477-2022-06220114		Sample Registration Date: 22Jun2022			
Client Sample Code: 160623		Condition Upon Receipt: acceptable, 21.2°C			
Sample Description: Rhodiola Rosea		Sample Reference:			
FS001 - Heavy Metals (As, Cd, Hg, and Pb)		Reference AOAC 2011.19 and 993.14 (modified)	Accreditation	Completed 29Jun2022	Sub 1
Parameter		Result			
Arsenic		673 ppb			
Cadmium		59.6 ppb			
Lead		218 ppb			
Mercury		<5.00 ppb			
UM8VD - Total Coliforms - CMMEF Chapter 9.933		Reference CMMEF Chapter 9.933	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 24Jun2022	
Parameter		Result			
Coliforms		< 10 cfu/g			
Parameter		Result			
Escherichia coli		< 10 cfu/g			
UMDTC - Salmonella species - AOAC-RI 121501		Reference AOAC-RI 121501	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 24Jun2022	
Parameter		Result			
Salmonella		Not Detected per 25 g			
UMHBM - Staphylococcus aureus - BAM Chapter 12		Reference BAM Chapter 12	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 24Jun2022	
Parameter		Result			
Staphylococcus aureus		< 10 cfu/g			
UMIB1 - Yeast - FDA BAM Chapter 18 mod.		Reference FDA BAM Chapter 18 mod.	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 27Jun2022	
Parameter		Result			

ANALYTICAL REPORT

AR-22-QH-035719-01

Eurofins Sample Code: 477-2022-06220114		Sample Registration Date: 22Jun2022	
Client Sample Code: 160623		Condition Upon Receipt: acceptable, 21.2°C	
Sample Description: Rhodiola Rosea		Sample Reference:	
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 27Jun2022
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 24Jun2022
Parameter Aerobic Plate Count	Result < 10 cfu/g		
Subcontracting partners:			
1 - Eurofins Food Chemistry Testing US Madison, WI			
Respectfully Submitted,			
			
<hr/>			
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.eurofins.com/terms_and_conditions.pdf](#) | v 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.

CERTIFICATE OF ANALYSIS



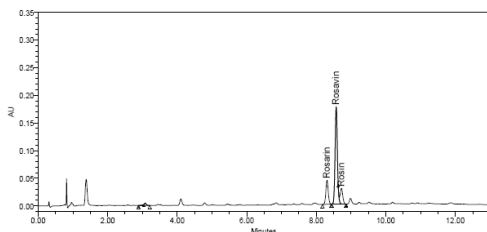
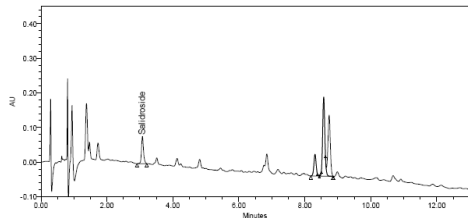
ALKEMIST LABS

12661 HOOVER STREET GARDEN GROVE, CA 92841 | P. 714-754-4372 | F. 714-668-9972 | WWW.ALKEMIST.COM

Report Issued To: Synaptent
47 W. Polk St. : 100-241
Chicago IL 60605-2000
USA

Sample Name: Rhodiola rosea
Description: Powdered extract; Fine dark tan powder
Lot #: 160623
AL #: 22174XOL_1
Analysis ID: 179491
Received: 06/23/22

Determination of Rosavins Content by HPLC



Ret. Time (min)	Compound Name	Prep 1 (%)	Prep 2 (%)	Average (%)	Specification	Result
3.1	Salidroside	3.617	3.540	3.578	≥2%	Pass
8.3	Rosarin	0.952	0.946	N/A	N/A	N/A
8.6	Rosavin	3.685	3.695	3.690	N/A	N/A
8.7	Rosin	0.455	0.456	0.455	N/A	N/A
Total Rosavins		5.092	5.097	5.094	≥5%	Pass

Digitally signed by Celine Deneuve
DN: cn=Celine Deneuve, o=alk, email=celine@alkemistlabs.com, c=US
Date: 2022.07.05 11:37:25 -0700Analysis Date : 07/01/22
Rev 1: CD 07/05/22

Analyzed By: A Maimone

Authorized By: Celine Deneuve,
Analytical Chemistry Supervisor

Chromatographic Conditions:

Method: ATM-815-0238
Column: AP204 Kinetex 5 µm C18 100A (100 x 4.6 mm)
Temperature: 25°C
Flow Rate: 1.5 mL/min
Injection Volume: 3 µL
UV Detection: 205 nm, 254 nm
Mobile Phase: 0.1% Trifluoroacetic Acid
Acetonitrile
HPLC Instrument: Alliance_5

Sample Preparation:

Mixed sample well. Weighed about 115 mg into a 25 mL flask and diluted to volume with 50% acetonitrile. Vortexed for 30 seconds and sonicated for 15 minutes at room temperature. Centrifuged 10 minutes. Filtered through a 0.2 µm Nylon membrane filter into an HPLC vial for analysis.

Report Summary:

Conclusion: This " Rhodiola rosea " test sample contains 5% total rosavins and 4% salidroside on the as is basis.
OOS Reference: N/A
Notebook Reference: 18122 Rosavins
Rev 1: Revised results for salidroside and total rosavins from "N/A" to "Pass".

Analysis Date : 07/01/22
Rev 1: CD 07/05/22

Analyzed By: A Maimone

Authorized By: Celine Deneuve,
Analytical Chemistry Supervisor