

LIFTMODE

LIFTMODE
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CERTIFICATE OF ANALYSIS

Alpha Lipoic Acid

(RS-Alpha Lipoic Acid)

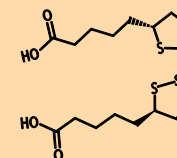
Material Lot #: 1812051 Manufacturer Analysis Date: 12/05/2018
Country of Origin: China Analysis Date: 04/07/2020
Retesting Date: 04/07/2023

| Analysis | Claim | Result |
|-------------------|-------|--------|
| Alpha Lipoic Acid | ≥99% | 100.5% |

| Test | Specification | Result |
|---------------------|---------------|------------|
| HNMR ID | Conforms | Conforms |
| HPLC Assay | ≥99% | 100.5% |
| ICP-MS | | |
| Arsenic | ≤1.5 ppm | 0.509 ppm |
| Lead | ≤0.5 ppm | 0.002 ppm |
| Cadmium | ≤0.5 ppm | <0.001 ppm |
| Mercury | ≤0.5 ppm | <0.001 ppm |
| Total Aerobic Count | <1000 cfu/g | Conforms |
| Yeast & Mold | <100 cfu/g | Conforms |
| Coliform | <10 cfu/g | Conforms |
| <i>E. coli</i> | Negative | Conforms |
| Salmonella | Negative | Conforms |

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

Alpha Lipoic Acid



Main Benefits

- Alpha Lipoic Acid is a very strong antioxidant and may increase activity of mitochondria in the liver.
- Alpha Lipoic Acid inhibits several inflammatory pathways in the body by reducing NF-κB expression.
- On top of its liver-boosting effects, Alpha Lipoic Acid also increases glutathione reserves in the brain and may act as a neuroprotective agent against oxidative stress in the brain.

Main Cautions

- Alpha Lipoic Acid is produced naturally in the body and supplementation is not thought to carry many serious risks.
- Alpha Lipoic Acid may reduce blood sugar and in high doses or sensitive individuals, this may cause dizziness or headaches.
- Consult your physician before using Alpha Lipoic Acid if you are taking any medication.

Usage Tips

- A 1c measuring scoop is included. One rounded scoop contains approximately one serving of approximately **500mg Alpha Lipoic Acid**. As a dietary supplement, take 1 servings 1-2 times per day on an empty stomach. Start at the lower suggested quantity to assess response.
- 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.
- There are no known negative side effects attributed to Alpha Lipoic Acid.
- It is safe to stack Alpha Lipoic Acid with other supplements as long as the amount consumed does not exceed the suggested serving size.
- Alpha Lipoic Acid can also be used topically as an additive to an oil or cream base. To prevent polymerization, ensure the carrier is not acidic.
- The benefits of Alpha Lipoic Acid are most effective when they are supported by a healthy diet and plenty of exercise.



Certificate of Analysis

Client:
 Synaptent LLC
 47 W Polk Street, 100-241
 Chicago, IL 60654

Sample Collected By: Client

| | | | |
|--------------|-------------------|--------------------|----------|
| Product Name | Alpha Lipoic Acid | Product Lot Number | 1812051 |
| Report Date | 04/07/20 | Laboratory Number | 20030030 |

| Description | Method | Result |
|---------------------|----------|--------------|
| Identification | H-NMR | Conforms |
| Assay | HPLC | 100.5% |
| Lead | ICP-MS | 0.002 ppm |
| Arsenic | ICP-MS | 0.509 ppm |
| Cadmium | ICP-MS | <0.001 ppm |
| Mercury | ICP-MS | <0.001 ppm |
| Total Aerobic Count | Biolumix | <1,000 cfu/g |
| Yeast and Mold | Biolumix | <100 cfu/g |
| E. Coli | Biolumix | Absent |
| Coliform | Biolumix | <10 cfu/g |
| Salmonella | Biolumix | Absent |

Collin Thomas *Collin Thomas*
 Laboratory Manager

04/07/2020 *4/7/20*
 Date

The result(s) stated in this report is only for the sample submitted. This report may not be reproduced in whole or in part, nor may any reference be made to the work, the result, or the company in any news release, public announcements or advertising without our prior written consent.

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