

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Choline L-Bitartrate

(2-Hydroxy-N,N,N-trimethylethanaminium 3-carboxy-2,3-dihydroxypropanoate)

Material Lot #:	20181009	Manufacture Date:	10/08/2018
Country of Origin:	China	Test Date:	07/29/2019
		Re-Test Date:	07/26/2022

Analysis	Claim	Result
Choline L-Bitartrate	≥98.0%	98.37%

Test	Specification	Result
Appearance	White crystalline powder	Conforms
Assay	≥98.0%	98.37%
Loss on Drying	≤0.5%	0.06%
pH	3.0-4.0	3.54
Specific Rotation	+17.5°+18.5°	+17.9°
Residue on Ignition	≤0.1%	0.02%
Silicon Dioxide	0.8~1.2%	0.92%
Heavy Metals	≤10 ppm	Conforms
Arsenic	≤2 ppm	Conforms
Lead	≤0.3 ppm	Conforms
Cadmium	≤0.2 ppm	Conforms
Mercury	≤0.1 ppm	Conforms
1,4 Dioxane	≤10 ppm	Conforms
Total Amines	≤10 ppm	Conforms
Total Plate Count	≤1,000 cfu/g	Conforms
Yeast & Mold	≤100 cfu/g	Conforms
E.coli	Not Detected	Conforms
Salmonella	Not Detected	Conforms
Staphylococcus	Not Detected	Conforms

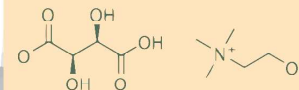
Choline L-Bitartrate should be stored at or below room temperature in a tightly sealed durable container. Choline L-Bitartrate should be protected from excess heat, direct sunlight, excess humidity and moisture. Choline L-Bitartrate has a stable shelf life of 3 years from the date of manufacture when properly stored.

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## Choline L-Bitartrate



### Main Benefits

- Choline is a natural precursor to the neurotransmitter Acetylcholine. L-Bitartrate has been found to vastly increase the bio-availability of Choline.
- Acetylcholine plays an important role in mood, attention, cognitive function, and motivation.
- Furthermore, studies indicate that Acetylcholine is the neurotransmitter responsible for other basic bodily functions.

### Main Cautions

- Several studies indicate that Choline L-Bitartrate has minimal adverse side effects and is generally safe for consumption within the recommended serving size.
- Excessive amounts of Choline have been linked to drops in blood pressure, sweating, diarrhea, nausea, and vomiting.
- 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 1.0 cc measuring scoop is included. Two rounded scoops contains approximately one serving, or approximately **600mg of Choline L-Bitartrate**. As a dietary supplement, take 1 serving 1-2 times per day. 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.
- The negative effects of Choline L-Bitartrate are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack Choline L-Bitartrate with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder easier to tolerate.
- The benefits of Choline L-Bitartrate are most effective when they are supported by a healthy diet and plenty of exercise.



812 Meadow Lark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

Certificate of Analysis

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

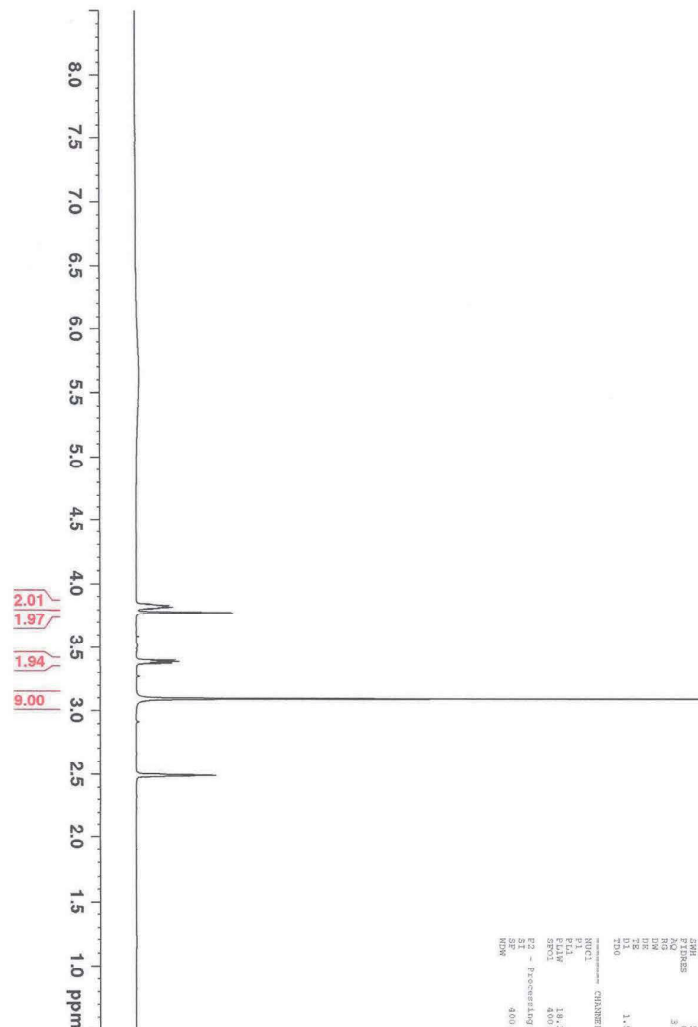
Product Name	Choline L- Bitartrate	Product Lot Number	C20181009
Report Date	07/29/2019	Laboratory Number	12348

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	USP Titration	99.2%
Lead	ICP-MS USP <730>	0.013 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.018 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*  
Laboratory Manager

07/29/2019 7/29/19  
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.



COLMARIC ANALYTICALS  
CHOLENE DMSO PARAMETERS  
NAME: 0126-019-01-L-CHOLINE  
PROBHD: 1  
PROCNO: 1  
E2 - Acquisition Parameters  
Date\_ 20190726  
Time\_ 14:56:26  
INSTRUM spect  
PROBHD 5 mm BBOBO-5mm  
PULPROG zgpg30  
TD0 32768  
FIDRES 0.32  
AQ 0.00027  
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DSH 128  
SFO 128.133 MHz  
E2P1P1 1.159446 Hz  
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NUC100 1H

1H NMR of L-Choline Bitartrate  
in DMSO  
Lot # 12348  
Colmaric Analytical  
400 MHz  
07-26-19