



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Curcumin

Curcuma longa Extract (Turmeric Root)

Material Lot #: 180417      Manufacture Date: 04/17/2018  
Country of Origin: China      Testing Date: 08/02/2019  
Re-Test Date: 08/01/2022

Analysis	Claim	Result
Curcumin	≥95.0%	95.12%

Test	Specification	Result
Appearance	Yellow-Orange	Complies
Curcumin content	≥95.0%	95.12%
Loss on Drying	≤5%	Complies
Ethanol Residues	≤5,000 ppm	171.9 ppm
Ethyl Acetate Residues	≤5,000 ppm	1995.9 ppm
Heavy Metals	≤10 mg/kg	Complies
Lead	≤1 mg/kg	Complies
Arsenic	≤1 mg/kg	Complies
Mercury	≤1 mg/kg	Complies
Cadmium	≤1 mg/kg	Complies
Total Plate Count	≤3,000 cfu/g	Complies
Yeast & Mold	≤300 cfu/g	Complies
E.Coli	≤3 MPN/g	Complies
Salmonella	Negative	Complies
Staphylococcus	Negative	Complies

Curcumin should be stored at or below room temperature in a tightly sealed durable container.  
Curcumin should be protected from excess heat, direct sunlight, excess humidity and moisture.  
When stored properly; Curcumin should be retested 3 years from the date of last testing.




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	Curcumin	Product Lot Number	180417
Report Date	08/02/2019	Laboratory Number	12350

Description	Method	Result
Curcuminoids	HPLC	96.3%
Lead	ICP-MS USP <730>	0.072 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.021 ppm
Mercury	ICP-MS USP <730>	0.003 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative
Residual Solvents Class I	USP<467> GCMS	<0.1 ppm
Residual Solvents Class II	USP<467> GCMS	<0.1 ppm
Residual Solvents Class III	USP<467> GCMS	<0.1 ppm
Residual Organic Volatiles	USP<467> GCMS	<0.1 ppm

Collin Thomas   
Laboratory Manager

08/02/2019   
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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## Curcumin



### Main Benefits

- Curcumin has been found to be a very powerful and effective antioxidant and anti-inflammatory.
- Curcumin has also been found to hold neuroprotective properties which are known to boost cognitive health.
- Studies have shown Curcumin to also effectively promote a healthy heart and circulatory system.

### Main Cautions

- Curcumin is recognized as generally safe within the 1,000mg recommended serving size.
- Exceeding the recommended serving size may result in digestive issues, headaches, and nausea.
- 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 1.7 cc measuring scoop is included. Two rounded scoops contains approximately one serving, or approximately **1000mg of Curcumin**. 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 Curcumin 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 Curcumin with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Curcumin are most effective when they are supported by a healthy diet and plenty of exercise.