



Certificate of Analysis

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

LiftNode

Ginseng 200mg Capsules

(Asian *Panax ginseng* Extract)

Material Lot #: 200789 / 200790

Test Date: 03/09/2020

Country of Origin: USA / China

Re-Test Date: 03/08/2023

Analysis	Claim	Result
Ginsenosides	≥60 mg/capsule	(66.8 mg/capsule)

Ginseng Capsule Mixture

Test	Specification	Result
Mean Capsule Fill Mass	≥260 mg/capsule	(293 mg/capsule)
Ginsenosides (HPLC)	60 mg/capsule (205 mg/g)	(66.8 mg/capsule) 228 mg/g
Ascorbyl Palmitate (HPLC)	30 mg/capsule (102 mg/g)	(31.9 mg/capsule) 109 mg/g
Magnesium β-Hydroxybutyrate (Titration)	30 mg/capsule (102 mg/g)	(33.4 mg/capsule) 114 mg/g

Ginseng Root Extract, ≥30% (Ingredient)

Test	Specification	Result
Lead	≤0.5 ppm	0.027 ppm
Mercury	≤0.5 ppm	0.020 ppm
Cadmium	≤0.5 ppm	0.003 ppm
Arsenic	≤0.5 ppm	<0.001 ppm
Total Aerobic Plate Count	<1000 cfu/g	<1000 cfu/g
Yeast and Mold	< 100 cfu/g	<100 cfu/g
Escherichia coli	Absent	Absent
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Absent	Absent

Ginseng 200mg Capsules should be stored at or below room temperature in a tightly sealed durable container. Ginseng 200mg Capsules should be protected from excess heat, direct sunlight, excess humidity, and moisture. Ginseng 200mg Capsules have a retesting period of 3 years from the date of analysis when properly stored. Values not in parenthesis are from primary sources. Values in parenthesis are calculated from primary data.



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Ginseng Root Extract, ≥75% (Ingredient)

Test	Specification	Result
Lead	≤0.5 ppm	Negative
Mercury	≤0.5 ppm	0.03 ppm
Cadmium	≤0.5 ppm	0.002 ppm
Arsenic	≤0.5 ppm	0.1 ppm
Total Aerobic Plate Count	<1000 cfu/g	<1000 cfu/g
Yeast and Mold	< 100 cfu/g	<10 cfu/g
Escherichia coli	Negative per 1g	Negative per 1g
Bile Salt Gram-Negative Bacteria	<1000 cfu/g	<10 cfu/g
Salmonella	Negative per 10g	Negative per 10g

Ginseng Root Extract, ≥80% (Ingredient)

Test	Specification	Result
Lead	≤0.5 ppm	0.077 ppm
Mercury	≤0.5 ppm	0.021 ppm
Cadmium	≤0.5 ppm	0.001 ppm
Arsenic	≤0.5 ppm	<0.001 ppm
Total Aerobic Plate Count	<1000 cfu/g	<1000 cfu/g
Yeast and Mold	< 100 cfu/g	<100 cfu/g
Escherichia coli	Absent	Absent
Coliform	<10 cfu/g	<10 cfu/g
Salmonella	Absent	Absent

Ascorbyl Palmitate (Ingredient)

Test	Specification	Result
Identification (1H-NMR)	Conforms to Structure	Conforms
Ascorbyl Palmitate (HPLC)	≥98%	98.9%



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(Asian *Panax ginseng* Extract)

Ascorbyl Palmitate (Ingredient) (cont.)

Test	Specification	Result
Lead	≤0.5 ppm	0.016 ppm
Mercury	≤0.5 ppm	0.025 ppm
Cadmium	≤0.5 ppm	0.012 ppm
Arsenic	≤0.5 ppm	<0.0001 ppm
Total Aerobic Plate Count	<1000 cfu/g	<1000 cfu/g
Yeast and Mold	< 100 cfu/g	<100 cfu/g
Escherichia coli	Negative	Negative
Coliform	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative

Magnesium β-Hydroxybutyrate (Ingredient)

Test	Specification	Result
Identification (1H-NMR)	Conforms to Structure	Conforms
Magnesium β-Hydroxybutyrate (Titration)	≥99%	100.0%
Lead	≤0.5 ppm	<0.0001 ppm
Mercury	≤0.5 ppm	0.004 ppm
Cadmium	≤0.5 ppm	0.016 ppm
Arsenic	≤0.5 ppm	<0.0001 ppm
Total Aerobic Plate Count	<1000 cfu/g	<1000 cfu/g
Yeast and Mold	< 100 cfu/g	<100 cfu/g
Escherichia coli	Negative	Negative
Coliform	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative

Panax Ginseng Extract



Main Benefits

- Panax Ginseng has been found to play a powerful role in strengthening the immune system.
- Panax Ginseng has also been found to ease stress and promote healthy emotional wellbeing while also enhancing cognitive performance.
- Panax Ginseng is said to help promote healthy libido and regulate healthy blood glucose levels.

Main Cautions

- Panax Ginseng in its excess can cause diarrhea, dizziness, increased heart rate, and high blood pressure.
- **Never exceed the recommended serving size** for this supplement because it may interact with other medications such as nervous stimulants, MAOIs, blood pressure medication, alpha blockers, beta blockers, or asthma or allergy medications.
- Consult your doctor prior to taking Panax Ginseng Extract if you are taking any medications.

Usage Tips

- One capsule contains approximately one serving, or approximately **200mg of Ginseng Extract**. As a dietary supplement, take 1-2 servings up to 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 benefits of Panax Ginseng are most effective when they are supported by a healthy diet and plenty of exercise.
- It is safe to stack Panax Ginseng with other **non stimulating** supplements, so long as the amount consumed does not exceed the suggested serving size.