



# Certificate of Analysis

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

## Gotu Kola Extract

(*Centella asiatica* Extract)

Material Lot #: 20210615      Test Date: 06/24/2021  
Country of Origin: China      Re-Test Date: 06/23/2024

Analysis	Claim	Result
Triterpenoid Saponins	≥70%	73.19%

Test	Specification	Result
Asiaticoside	≥18%	17.254%
Madecassoside+ Asiaticoside B	≥55%	55.616%
<b>Heavy Metals</b>		
Lead	≤0.5ppm	<0.00500 ppm
Mercury	≤0.5ppm	<0.00500 ppm
Cadmium	≤0.5ppm	<0.00500 ppm
Arsenic	≤1.5 ppm	0.0355 ppm
<b>Total Aerobic Plate Count</b>		
Yeast	Yeast & Mold < 100 cfu/g	<10 cfu/g
Moulds	Yeast & Mold < 100 cfu/g	<10 cfu/g
Escherichia coli	Negative	Conforms
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Not Detected per 25 g

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

### Gotu Kola Extract

#### Main Benefits

- **Gotu Kola (*Centella asiatica*)** is a perennial shrub spread throughout the wetlands and marshes of Asia. It is used traditionally for culinary, medicinal, and cosmetic purposes.
- The primary active compounds are triterpenoid saponins Asiaticoside, Asiaticoside B, and Madecassoside, which are unique to **Gotu Kola**.
- **Gotu Kola** saponins increase GABA and catecholamine neurotransmitter levels. They also enhance expression of BDNF, and act as potent anti-inflammatories.

#### Main Cautions

- **Gotu Kola Extract** may stress the liver if taken in excess or with hepatotoxic compounds.
- **Gotu Kola Extract** may cause excessive sleepiness if mixed with other sedative supplements or medications. **Do not drink on Gotu Kola Extract.**
- Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.

#### Usage Tips

- A 0.15cc measuring scoop is included. Two level scoops contains one serving of approximately **100mg Gotu Kola Extract**. As a dietary supplement, take 1 serving up to 3 times per day. Start at the lower suggested quantity to assess response.
- **Gotu Kola Extract** may also have beneficial topical properties for wound healing and anti-aging effects. Its solubility varies across oils.
- Some recommend cycling **Gotu Kola Extract** in **6 week increments** for efficacy and to reduce its possible load on the liver.
- This dietary 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 **Gotu Kola Extract** with other supplements as long as the amount consumed does not exceed the suggested serving size.
- The benefits of **Gotu Kola Extract** are most effective when they are supported by a healthy diet and plenty of exercise.

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Synapient  
 Joseph Watkins  
 1442 W. Fulton Street  
 Chicago, IL 60607

Client Code: OH0000902  
 PO#: Gou Kola  
 Received On: 17Jun2021  
 Reported On: 24Jun2021

### ANALYTICAL REPORT

AR-21-OH-033731-01

<b>Eurofins Sample Code:</b> 477-2021-06170120	<b>Sample Registration Date:</b> 17Jun2021
<b>Client Sample Code:</b> 20210615	<b>Condition Upon Receipt:</b> acceptable, 20-4°C
<b>Sample Description:</b> Gou Kola	<b>Sample Reference:</b> 20210615
<b>FS001 - Heavy Metals (As, Cd, Hg, and Pb)</b>	<b>Reference</b> AOAC 2011.19 and 983.14 (modified)
<b>Completed</b> 24Jun2021	<b>Sub</b> 1

<b>Parameter</b>	<b>Result</b>
Arsenic	35.5 ppb
Cadmium	< 5.00 ppb
Lead	< 5.00 ppb
Mercury	< 5.00 ppb

<b>UWBVD - Total Coliforms - CMMEF Chapter 9.933</b>	<b>Reference</b> CMMEF Chapter 9.933
<b>Completed</b> 18Jun2021	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07

<b>Parameter</b>	<b>Result</b>
Coliforms	< 10 cfu/g
Parameter	<b>Result</b>
Escherichia coli	< 10 cfu/g

<b>UMDTC - Salmonella species - AOAC-R1121501</b>	<b>Reference</b> AOAC-R1121501
<b>Completed</b> 18Jun2021	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07

<b>Parameter</b>	<b>Result</b>
Salmonella	Not Detected per 25 g

<b>UWHBM - Staphylococcus aureus - BAM Chapter 12</b>	<b>Reference</b> BAM Chapter 12
<b>Completed</b> 19Jun2021	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07

<b>Parameter</b>	<b>Result</b>
Staphylococcus aureus	< 10 cfu/g

<b>UWIB1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod.
<b>Completed</b> 22Jun2021	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07

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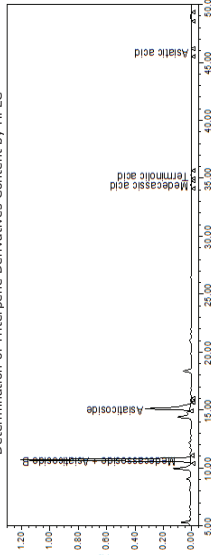
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### CERTIFICATE OF ANALYSIS

12651 HOOVER STREET GARDEN GROVE, CA 92841 | P: 714-754-4372 | F: 714-666-9972 | WWW.ALKEMIST.COM  
**Report Issued To:** Synapient  
 47 W. Polk St., 100-241  
 Chicago IL 60605-2000  
 USA

**Sample Name:** Gou Kola Extract  
**Description:** Liquid extract, beige liquid  
**Lot #:** 21180615  
**Analysis ID:** 157973\_1  
**Received:** 06/17/21

Determination of Terpene Derivatives Content by HPLC



Ret. Time (min)	Compound Name	Prep 1 As Is (%)	Prep 2 As Is (%)	Average As Is (%)	Average Dry Basis (%)	Specification	Result
10.9	Hydrocassiole + Asiatricoside B	55.815	55.418	55.616	55.616	N/A	N/A
11.9	Hydrocassiole	0.109	0.109	0.106	0.106	N/A	N/A
34.8	Hydrocassiole	0.104	0.109	0.106	0.106	N/A	N/A
35.7	Terminolene	0.091	0.090	0.091	0.091	N/A	N/A
45.8	Asiatic Acid	0.043	0.040	0.041	0.041	N/A	N/A
	<b>Total</b>	<b>73.371</b>	<b>72.846</b>	<b>73.109</b>	<b>73.109</b>	<b>&gt;= 70% Average Dry Basis</b>	<b>Pass</b>

**Chromatographic Conditions:** Powdered Capsella sativata Extract - Terpene Derivatives  
 Column: AP139 Zorbax SB CB 5µm (4.6 X 250 mm)
 Temperature: 25°C

Flow Rate: 1 mL/min  
 Inlet Pressure: 1000 psi  
 UV Detection Volume: 200 nm  
 Mobile Phase: 0.3% Phosphoric acid in Water  
 Acetonitrile  
 HPLC Instrument: Alliance\_3

**Sample Preparation:** Transferred approximately 70 mg of sample into a 10 mL volumetric flask. Filled to volume with methanol and vortexed 30 seconds. Sonicated for 30 minutes at room temperature. Let cool and filtered through 0.45 µm PTFE syringe filter into an HPLC vial, discarding the first few milliliters of filtrate.

**Conclusion:** This "Gou Kola Extract" test sample contains an average of 73% total terpene derivatives as dry basis.  
 OOS Reference: N/A  
 Loss on Drying: 0.00%  
 Empower Reference: 1742.1 Terpenes



**Analysis Date :** 06/24/21 **Analyzed By:** C Deneau **Authorized By:** Colin Gray, Lead Analytical Chemist

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Synapient

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<b>Parameter</b>	<b>Result</b>
Yeast	< 10 cfu/g
Parameter	<b>Result</b>
Moulds	< 10 cfu/g

<b>UWVSE - Aerobic Plate Count - CMMEF Chapter 8.72</b>	<b>Reference</b> CMMEF Chapter 8.72
<b>Completed</b> 19Jun2021	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07

<b>Parameter</b>	<b>Result</b>
Aerobic Plate Count	< 10 cfu/g

Subcontracting partners:  
 1 - Eurofins Food Chemistry Testing US Medication, WI

Respectfully Submitted,

Christine Gwinn  
 Associate Technical Leader

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