



Certificate of Analysis

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

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% | PASS |
| Madecassoside+ Asiaticoside B | ≥55% | 55.616% |
| Heavy Metals | | |
| 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 |
| Total Aerobic Plate Count | | |
| 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

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

| Parameter | Result |
|-----------|------------|
| Arsenic | 35.5 ppb |
| Cadmium | < 5.00 ppb |
| Lead | < 5.00 ppb |
| Mercury | < 5.00 ppb |

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

| Parameter | Result |
|------------------|------------|
| Coliforms | < 10 cfu/g |
| Parameter | Result |
| Escherichia coli | < 10 cfu/g |

| | |
|--|--|
| UIMTDC - Salmonella species - AOAC-R1121501 | Reference AOAC-R1121501 |
| Completed 18Jun2021 | Accreditation ISO/IEC 17025:2017 AZLA 3329.07 |

| Parameter | Result |
|------------|-----------------------|
| Salmonella | Not Detected per 25 g |

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

| Parameter | Result |
|-----------------------|------------|
| Staphylococcus aureus | < 10 cfu/g |

| | |
|---|--|
| UIMB1 - Yeast - FDA BAM Chapter 18 | Reference FDA BAM Chapter 18 mod. |
| Completed 22Jun2021 | |

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Synapient

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Chicago, IL 60607

ANALYTICAL REPORT

AR-21-OH-033731-01

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

| | |
|--|---|
| Eurofins Sample Code: 477-2021-06170120 | Sample Registration Date: 17Jun2021 |
| Client Sample Code: 20210615 | Condition Upon Receipt: acceptable, 20-4 C |
| Sample Description: Gou Kola | Sample Reference: 20210615 |
| UIMB1 - Yeast - FDA BAM Chapter 18 | Reference FDA BAM Chapter 18 mod. |
| Completed 22Jun2021 | |

| Parameter | Result |
|-----------|------------|
| Yeast | < 10 cfu/g |
| Parameter | Result |
| Moulds | < 10 cfu/g |

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

| Parameter | Result |
|---------------------|------------|
| Aerobic Plate Count | < 10 cfu/g |

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

Respectfully Submitted,



Christine Gwinn
Associate Technical Leader

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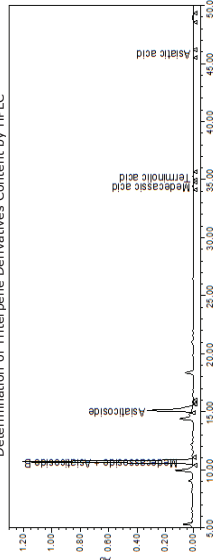
CERTIFICATE OF ANALYSIS

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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 | Hydrocinnoside + Asialticoside B | 55.815 | 55.418 | 55.616 | 55.616 | N/A | N/A |
| 11.9 | Hydrocinnoside | 0.109 | 0.109 | 0.106 | 0.106 | N/A | N/A |
| 34.8 | Hydrocinnoside | 0.104 | 0.109 | 0.106 | 0.106 | N/A | N/A |
| 35.7 | Terminolic Acid | 0.091 | 0.090 | 0.091 | 0.091 | N/A | N/A |
| 45.8 | Asialtic Acid | 0.043 | 0.040 | 0.041 | 0.041 | N/A | N/A |
| Total | | 73.371 | 72.846 | 73.109 | 73.109 | >= 70% Average Dry Basis | Pass |

Chromatographic Conditions: Powdered Cystalline Asialtic Extract - Terpene Derivatives
Column: AP139 Zorbax SB-C8 5um (4.6x 250 mm)Temperature: 25°C

Flow Rate: 1 mL/min
Injection Volume: 20 µL
UV Detection: 210 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
Empower Reference: 1742.1 Terpenes

Analysis Date : 06/24/21

Authorized By: Colin Gray,
Lead Analytical Chemist

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