



Certificate of Analysis

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

LiftMode

Inositol

 (Cyclohexanehexol)

Material Lot #: 20200805

Test Date: 07/23/2021

Country of Origin: China

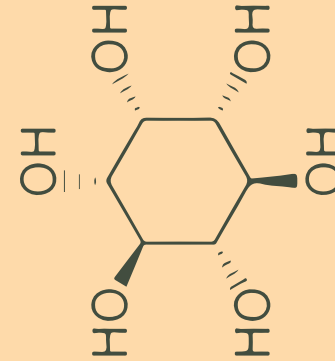
Re-Test Date: 07/22/2024

Analysis	Claim	Result
Inositol	≥99%	>99.9%

Test	Specification	Result
Heavy Metals	N/A	N/A
Lead	≤1 ppm	<0.005 ppm
Mercury	≤1 ppm	<0.005 ppm
Cadmium	≤1 ppm	<0.005 ppm
Arsenic	≤1 ppm	<0.010 ppm
Total Aerobic Plate Count	<1000 cfu/g	<10 cfu/g
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

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

INOSITOL



Main Cautions

- One of the greatest benefits of Myo-Inositol supplements are their apparent lack of adverse effects, when taken at the recommended serving size.
- At higher doses, rare side effects may include nausea, stomach pain, tiredness, headache, or dizziness
- In one study, extremely large servings were used (30 grams) and the adverse effects experienced by most people were mild gastrointestinal upset

Main Benefits

- Myo-Inositol is a common molecule found in the glucose metabolic pathway and is responsible for regulating a wide range of bodily functions.
- Myo-Inositol supplements are effective in improving female vitality, helping to maintain healthy hormone and stress levels; and supporting healthy well-being.
- At higher doses, Myo-Inositol supplements have been found to be effective at producing a calm and relaxed mood.

Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000 mg of Inositol**. As a dietary supplement, take 1-3 servings 1-3 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack Inositol with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Inositol benefits are most effective when they are supported by a healthy diet and plenty of exercise.

- 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 Inositol are dependent on the amount taken, so use of a scale with 10mg or 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 more tolerable.



S & N LABS

2021 E. Fourth Street

Santa Ana, California 92705

(714) 543-2211

27 July 2021

Job Number:	25261
PO Number:	verbal

Synapient LLC
47 West Polk Street #100-241
Chicago, Illinois 60605

REPORT OF ANALYSIS

One blue container labeled "Inositol 20200805" was received on 23 July 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was evaporative light scattering (ELSD). The results are summarized in the table below.

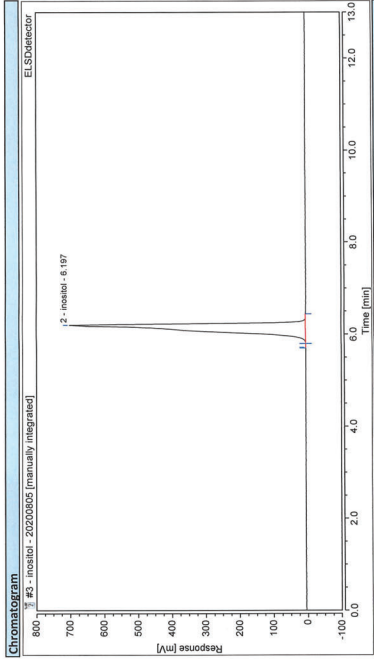
Sample	Chromatographic Purity (% area)
Inositol 20200805	> 99.9

The chromatogram is enclosed for your reference.

Neil E. Springarn, Ph.D.
President

Chromatogram and Results

Injection Details		Run Time (min): 16.00	
Injection Name:	Inositol - 20200805	Injection Volume:	10.00
Vial Number:	RC2	Wavelength:	n.a.
Injection Type:	Unknown	Bandwidth:	n.a.
Column:	Inositol purity by HILIC ELSD method	Dilution Factor:	1.0000
Instrument Method:	Inositol purity by HILIC ELSD processing	Sample Weight:	1.0000
Processing Method:	Inositol purity by HILIC ELSD processing		
Injection Date/Time:	28 Jul 21 14:31		



Integration Results						
No.	Peak Name	Retention Time (min)	Area (mV*min)	Height (mV)	Relative Area (%)	Relative Height (%)
1	Inositol	6.197	103.754	656.600	99.59	99.97
2	Inositol	103.769	687.031	100.00	100.00	n.a.
Total:						

Inositol purity by HILIC ELSD reporting integration

Chromatogram (3) Chromatogram
Version 7.2.10.23925

eurofins | Eurofins Microbiology Laboratories (New Berlin)

Eurofins Microbiology Laboratories (New Berlin)

2345 S. 170th St. Wisconsin
New Berlin, Wisconsin 53151
+1 262 754 5300
Micro-MKE@EurofinsUS.com

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

ANALYTICAL REPORT

AR-21-OH-040709-01

Client Code: OH0000902
PO#: Inositol 20200805
Received On: 22 Jul 2021
Reported On: 30 Jul 2021

Eurofins Sample Code: 477-2021-07220166		Sample Registration Date: 22 Jul 2021	
Client Sample Code: 20200805		Condition Upon Receipt: acceptable, 23.3°C	
Sample Description: Inositol		Sample Reference: AOAC 2011.19 and 983.14 (modified)	
Parameter	Result	Reference	Completed
Arsenic	<10.0 ppb	AOAC-R1 121501	30 Jul 2021
Cadmium	<5.00 ppb	AOAC-R1 121501	30 Jul 2021
Lead	<5.00 ppb	AOAC-R1 121501	30 Jul 2021
Mercury	<5.00 ppb	AOAC-R1 121501	30 Jul 2021

UWHYD - Total Coliforms - CMMEF Chapter 9.933		Accreditation	
Reference		ISO/IEC 17025:2017	
CMMEF Chapter 9.933		AZLA 3329.07	
Parameter	Result	Reference	Completed
Coliforms	<10 cfu/g	CMMEF Chapter 9.933	23 Jul 2021
Parameter	Result	Reference	Completed
Escherichia coli	<10 cfu/g	CMMEF Chapter 9.933	23 Jul 2021

UWDMTC - Salmonella species - AOAC-R1 121501		Accreditation	
Reference		ISO/IEC 17025:2017	
AOAC-R1 121501		AZLA 3329.07	
Parameter	Result	Reference	Completed
Salmonella	Not Detected per 25 g	AOAC-R1 121501	24 Jul 2021

UWHHEM - Staphylococcus aureus - BAM Chapter 12		Accreditation	
Reference		ISO/IEC 17025:2017	
BAM Chapter 12		AZLA 3329.07	
Parameter	Result	Reference	Completed
Staphylococcus aureus	<10 cfu/g	BAM Chapter 12	24 Jul 2021

ANALYTICAL REPORT

AR-21-OH-040709-01

Client Code: OH0000902
PO#: Inositol 20200805
Received On: 22 Jul 2021
Reported On: 30 Jul 2021

Eurofins Sample Code: 477-2021-07220166		Sample Registration Date: 22 Jul 2021	
Client Sample Code: 20200805		Condition Upon Receipt: acceptable, 23.3°C	
Sample Description: Inositol		Sample Reference: FDA BAM Chapter 18 mod.	
Parameter	Result	Reference	Completed
Yeast	<10 cfu/g	FDA BAM Chapter 18 mod.	27 Jul 2021
Parameter	Result	Reference	Completed
Moulds	<10 cfu/g	FDA BAM Chapter 18 mod.	27 Jul 2021

UWVSE - Aerobic Plate Count - CMMEF Chapter 8.72		Accreditation	
Reference		ISO/IEC 17025:2017	
CMMEF Chapter 8.72		AZLA 3329.07	
Parameter	Result	Reference	Completed
Aerobic Plate Count	<10 cfu/g	CMMEF Chapter 8.72	24 Jul 2021

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

Respectfully Submitted,

Aubrey Ismaili
Laboratory Operations Manager



Results shown in this report relate solely to the item submitted for analysis. (Any cautions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation.) All results are reported on an "As Received" basis unless otherwise stated. Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. All work done in accordance with Eurofins General Terms and Conditions of Sale: www.eurofins.com/terms_and_conditions.pdf () indicates a subcontract test to a different lab. Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.