



Certificate of Analysis

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

LiftMode

5-HTP

5-Hydroxytryptophan

Material Lot #: C061811002 Test Date: 06/17/2021
Country of Origin: China Re-Test Date: 06/16/2024

Analysis	Claim	Result
5-HTP	≥ 98%	99.6%

Test/Method	Specification	Result
Lead (ICP-MS)	<1 ppm	0.010 ppm
Arsenic (ICP-MS)	<1 ppm	<0.001 ppm
Cadmium (ICP-MS)	<1 ppm	0.004 ppm
Mercury (ICP-MS)	<1 ppm	0.012 ppm
Total Aerobic Plate Count (Biolumix)	<1,000 CFU/g	Conforms
Yeast & Mold (Biolumix)	<100 CFU/g	Conforms
E.Coli (Biolumix)	Absent	Conforms
Coliform (Biolumix)	<10 CFU/g	Conforms
Salmonella (Biolumix)	Absent	Conforms
Assay (HPLC)	≥ 98.0%	99.6%

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



S & N LABS

2021 E. Fourth Street Santa Ana, California 92705 (714) 543-2211

24 June 2021

Job Number:	25149a
PO Number:	verbal

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

REPORT OF ANALYSIS

One blue container labeled "5-HTP C061811002" was received on 17 June 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was monitored at 195 nm. The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
5-HTP C061811002	99.6

The chromatogram is enclosed for your reference.

Neil E. Spingarn, Ph.D.
President



812 Meadowlark Lane, Goodlettsville, TN 37072
Telephone: 615-239-8604

Certificate of Analysis

Synaptent LLC
47 W Polk Street, 100-241
Chicago, IL 60654

Product Name	5-HTP	Product Lot Number	C061811002
Report Date	06/04/2019	Laboratory Number	12081

Description	Method	Result
Assay	HPLC	102.4 %
Lead	ICP-MS	0.010 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.004 ppm
Mercury	ICP-MS	0.012 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Absent

Michael Robil

Michael Robil
QA Auditor

06/04/19
06/04/2019
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.

LIFTMODE

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5-HTP

Main Benefits

- 5-HTP is a natural supplement, acting as a chemical precursor to serotonin to help improve mood.
- 5-HTP is well-known natural sleep aid, and helps to reduce the time taken to fall asleep by improving melatonin levels.
- In addition to promoting healthy sleep, 5-HTP reduces stress and supports a healthy metabolism.

Main Cautions

- 5-HTP is considered to be a highly safe and effective natural dietary supplement, when taken at the recommended serving size.
- Side effects of larger servings may include upset stomach and nausea. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting your doctor if you are taking any medication or have any underlying medical conditions.

Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **50mg of 5-HTP**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of 5-HTP 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 5-HTP with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of 5-HTP are most effective when they are supported by a healthy diet and plenty of exercise.