



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

liftmode@liftmode.com
www.liftmode.com



Colmaric Analyticals, LLC

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

CERTIFICATE OF ANALYSIS

Certificate of Analysis

5-HTP

(5-Hydroxytryptophan)

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

Material Lot #: C061811002 Manufacture Date: 09/08/2018
Country of Origin: China Expiration Date: 09/07/2021

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

Analysis	Claim	Result
5-HTP	≥99.0%	99.25%

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

Test	Specification	Result
Appearance	Off-white powder	Off-white Powder
Odor & Taste	Characteristic	Characteristic
Specific Rotation	-30.0 to -35.0°	-31.8°
Loss on Drying	≤0.5%	0.14%
Residue on Ignition	≤0.5%	0.08%
Bulk Density	≥0.38g/ml	≥0.50g/ml
Ethanol	≤3,000 mg/kg	Complies
Assay	≥99.00%	99.25%
Heavy Metals	≤10mg/kg	Complies
Total Arsenic	≤0.1mg/kg	Complies
Lead	≤0.1mg/kg	Complies
Cadmium	≤0.1mg/kg	Complies
Mercury	≤0.1mg/kg	Complies
Total Plate Count	<1,000cfu/g	<100cfu/g
Yeast & Mold	<10cfu/g	Negative
Coliforms	Negative	Negative
E.Coli	Negative	Negative
Salmonella	Negative	Negative

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.

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 a stable shelf life of 3 years from the date of manufacture when properly stored.

LIFTMODE

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

liftmode@liftmode.com
www.liftmode.com

5-HTP

N[C@@H](Cc1c[nH]c2cc(O)ccc12)C(=O)O

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.