



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

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www.liftmode.com

CERTIFICATE OF ANALYSIS

Huperzine A 1%

(Huperzine serrata extract)

Material Lot #:	20160805	Manufacture Date:	08/05/2016
Country of Origin:	China	Testing Date:	11/20/2017
		Retesting Date:	11/19/2020

Analysis	Claim	Result
Huperzine A	≥1.0%	1.05%

Test	Specification	Result
Appearance	Off-white powder	Complies
Identification	Characteristic	Complies
Mesh Size	95% through 80 mesh	Complies
Loss on Drying	≤5.0%	2.0%
Residue on Ignition	≤5.0%	0.8%
Bulk Density	0.3-0.6 g/ml	0.54 g/ml
Ethanol	≤5,000 ppm	Complies
Heavy Metals	≤10 ppm	<10 ppm
Arsenic	≤3.00 ppm	0.51 ppm
Lead	≤3.00 ppm	0.78 ppm
Cadmium	≤3.00 ppm	0.09 ppm
Mercury	≤2.00 ppm	0.006 ppm
Total Plate Count	<10,000 CFU/g	<10,000 CFU/g
Yeast & Mold	<1,000 CFU/g	<1,000 CFU/g
E.Coli	Negative	Negative
Salmonella	Negative	Negative
Staphylococcus	Negative	Negative

Huperzine A 1% should be stored at or below room temperature in a tightly sealed durable container.
Huperzine A 1% should be protected from excess heat, direct sunlight, excess humidity and moisture.
Huperzine A 1% has a retesting period of 3 years from the date of testing when properly stored.



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HUPERZINE A



Main Benefits

- Research has shown that Huperzine A may improve memory, and may be especially effective in combating memory loss associated with aging.
- Huperzine A has also been known to improve cognitive performance and learning capacity.
- Huperzine A directly increases acetylcholine levels in the brain, thus allowing its strong association with overall brain health.

Main Cautions

- **If Huperzine A is consumed in excessive amounts, adverse effects may include** nausea, headaches, sweating, slurred speech, restlessness, blurred vision, and twitching
- Although the levels required for toxic effects are extremely high relative to the suggested serving size, it is still strongly recommended to not exceed the suggested serving size.
- Excessive single-serving amounts of Huperzine A have been found to produce a contraction of muscle fibers.

Usage Tips

- A micro measuring scoop is included. One level scoop contains approximately one serving, or approximately **15 mg of Huperzine A 1%**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack Huperzine A with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Huperzine A 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 Huperzine A are dependent on the amount taken, so use of a scale with 10mg accuracy or better is highly recommended.
- Given the potency, Huperzine A can be very bitter and astringent. Use of capsules, tea, yogurt, apple sauce, or oatmeal may help with this.



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Certificate of Analysis

Synaptent LLC
47 W. Polk ST, STE 100-241
Chicago, IL 60605

Product Name	Huperzine A	Product Lot #	20160805
Report Date	11/20/2017	Lab #	9440

Description	Test Method	Results
Assay	HPLC	1.07%
Lead	ICP-MS USP<730>	0.061ppm
Arsenic	ICP-MS USP<730>	0.167ppm
Cadmium	ICP-MS USP<730>	0.040ppm
Mercury	ICP-MS USP<730>	<0.001ppm

Peter Yoho PhD
QA Auditor

11/20/2017
Date

11/20/17

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