

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

## CERTIFICATE OF ANALYSIS

### L-Theanine (L-γ-glutamylethylamide)

Material Lot #: 2018101801      Manufacture Date: 10/11/2018  
 Country of Origin: China      Expiration Date: 10/10/2021

**Analysis**      **Claim**      **Result**

L-Theanine       $\geq 99.0\%$       99.17%

**Test**      **Specification**      **Result**

Appearance	White crystalline powder	Complies
Bulk Density	>0.2 g/ml	0.38 g/ml
Particle Size	90% through 20 mesh	Complies
Assay	98.0-102.0%	99.17%
Melting Point	200.0-210.0°C	202.6°C
Chloride	$\leq 0.02\%$	<0.02%
Heavy Metals	$\leq 10$ ppm	<10 ppm
Iron	$\leq 10$ ppm	<10 ppm
Lead	$\leq 10$ ppm	<0.5 ppm
Mercury	$\leq 1$ ppm	<1 ppm
Cadmium	$\leq 1$ ppm	<1 ppm
Arsenic	$\leq 1$ ppm	<1 ppm
Total Plate Count	<1,000 cfu/g	Complies
Yeast & Mold	<100 cfu/g	Complies
E.Coli	$\leq 30$ MPN/100h	Negative
Salmonella	Negative	Negative
S.aureus	Negative	Negative
Loss on drying	$\leq 1.0\%$	0.28%
Residue on Ignition	$\leq 0.2\%$	0.08%
PH	5.0-6.0	5.73

L-Theanine should be stored at or below room temperature in a tightly sealed durable container.  
 L-Theanine should be protected from excess heat, direct sunlight, excess humidity and moisture.  
 L-Theanine has a stable shelf life of 3 years from the date of manufacture when properly stored.



Colmaric Analyticals, LLC

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	Phenylpiracetam	Product Lot Number	20160112
Report Date	03/22/2019	Laboratory Number	11602

Description	Method	Result
Identification	1H NMR	Conforms
Assay	HPLC	99.7 %
Lead	ICP-MS	0.009 ppm
Arsenic	ICP-MS	0.069 ppm
Cadmium	ICP-MS	0.007 ppm
Mercury	ICP-MS	0.003 ppm

*Michael Robil*  
 Michael Robil  
 QA Auditor

03/22/19  
 03/22/2019  
 Date

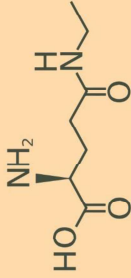
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# LIFTMODE

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## L-THEANINE



### Main Benefits

- L-Theanine is a calming and focusing non-dietary amino acid derivative that is uncommon in food sources and is primarily found in green tea.
- L-Theanine is best-known for its relaxing and mildly stimulating effects, as well as its synergistic relationship with caffeine.
- It has also been found to increase mood and focus, improve sleep quality and have other health promoting effects.

### Main Cautions

- In most cases, L-Theanine is a highly safe and effective dietary supplement that is free from adverse effects when used at the recommended serving size.
- Do not exceed the recommended serving size. This supplement may interact with medication. Please speak to your doctor if you have any underlying medical conditions.
- There is not yet enough data on use by pregnant or breast-feeding women to make a conclusion about safety for pregnant women.

### Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **200 mg of L-Theanine**. 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 L-Theanine are dependent on the amount taken, so 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 more tolerable.
- It is safe to stack L-Theanine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Theanine are most effective when they are supported by a healthy diet and plenty of exercise.