

LIFTMODE
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Chicago, IL 60605

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CERTIFICATE OF ANALYSIS

Melatonin (N-acetyl-5-methoxy tryptamine)

Material Lot #: 171203 Manufacture Date: 12/19/2017
Country of Origin: China Testing Date: 11/20/2018
Retesting Date: 11/19/2021

| Analysis | Claim | Result |
|-----------|--------|--------|
| Melatonin | ≥99.0% | 99.56% |

| Test | Specification | Result |
|---------------------|------------------|---------------|
| Appearance | Off-white powder | Complies |
| Odor | Characteristic | Complies |
| Identification | IR spectrum | Complies |
| Assay | ≥99.0% | 99.56% |
| Residue on Ignition | ≤0.1% | 0.07% |
| Loss on Drying | ≤0.5% | 0.27% |
| Melting Point | 117-120°C | 118.6-118.4°C |
| Bulk Density | ≥0.3 | 0.43 g/ml |
| Acetic Acid | ≤0.3% | 0.43% |
| Ethyl Acetate | ≤0.3% | Not Detected |
| Sulfated Ash | ≤0.2% | <0.7% |
| Heavy Metals | | |
| Arsenic | ≤1.0 ppm | Complies |
| Lead | ≤2 ppm | Complies |
| Cadmium | ≤0.3 ppm | Complies |
| Mercury | ≤0.2 ppm | Complies |
| Chromium | ≤12 ppm | Complies |
| Total Plate Count | ≤1,000 cfu/g | Complies |
| Yeast & Mold | ≤100 cfu/g | Complies |
| Coliform | ≤100 cfu/g | Complies |
| E-Coli | Negative | Complies |
| Salmonella | Negative | Complies |

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

Synaptent LLC
47 W Polk Street, 100-241
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Colmaric Analyticals, LLC

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

Certificate of Analysis

| Product Name | Melatonin | Product Lot Number | 171203 |
|--------------|------------|--------------------|--------|
| Report Date | 11/20/2018 | Laboratory Number | 11116 |

| Description | Method | Result |
|---------------------|----------|------------|
| Identification | IH NMR | Conforms |
| Assay | HPLC | 99.4 % |
| Lead | ICP-MS | 0.028 ppm |
| Arsenic | ICP-MS | <0.001 ppm |
| Cadmium | ICP-MS | 0.003 ppm |
| Mercury | ICP-MS | 0.028 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 |

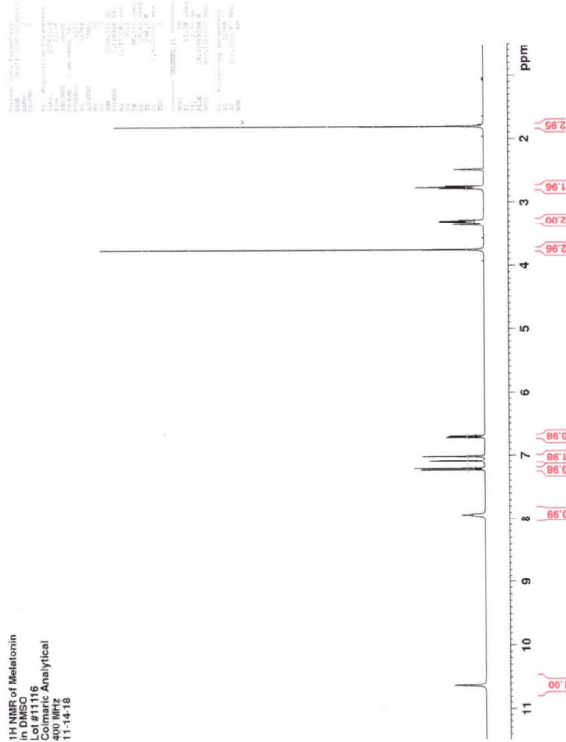
Michael Robi

Michael Robi
QA Auditor

11/20/18
11/20/2018
Date

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¹H NMR of Melatonin
 in DMSO
 400 MHz
 Chemical Analytical
 11:14:18



Main Benefits

- Melatonin is the body's natural sleep hormone and helps to regulate the circadian rhythm. It is produced in response to changes in the dark/light cycle.
- Melatonin has the ability to help improve the quality of sleep and to reduce the time taken to fall asleep.
- Apart from being an endogenous natural sleep aid, Melatonin antioxidants help to promote a healthy circulatory system.

Usage Tips

- A double sided measuring scoop is included. One scoop is equal to 3mg of Melatonin. As a dietary supplement, take 1 serving (3mg) of Melatonin 30 minutes before bedtime. If you have not had a good night's sleep, you may take an additional 3mg of Melatonin if the above suggested quantity to assist response.
- The negative effects of Melatonin are dependent on the quantity taken. Melatonin should be taken with 10mg/200g accuracy or better. A highly recommended.
- Use of capsules or mixing with tea, yogurt, apple juice or other natural fruit juices may result in product forms that are more palatable.

Main Cautions

- In research studies serving sizes of up to 500mg have not produced any reportable adverse effects.
- It is not recommended to exceed the serving size for Melatonin. Tolerance may occur after continuous use.
- Please consult your doctor before using Melatonin if you are pregnant, nursing, taking other medications, or are on any other medication.

Usage Tips

- This supplement is not intended to treat, cure, or prevent any disease. It is not intended to be used as a substitute for medical advice or any medical condition or if you are taking any prescription medications.
- It is safe to stack Melatonin with other supplements. However, the total amount of Melatonin does not exceed the suggested serving size.
- The benefits of Melatonin are most effective when they are supported by a healthy diet and plenty of exercise.

MELATONIN

