



# Certificate of Analysis

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

LiftNode

## 5-HTP

Griffonia Simplicifolia Seed Extract

Material Lot #: 210711-1

Test Date: 03-07-2023

Country of Origin: China

Re-Test Date: 03-04-2026

### Analysis

### Claim

### Result

5-HTP

≥99%

99.8%

### Test

### Specification

### Result

5-HTP (HPLC)

≥99%

%99.8

Lead

≤0.5ppm

<0.005 ppm

Mercury

≤0.5ppm

<0.005 ppm

Cadmium

≤0.5ppm

<0.005 ppm

Arsenic

≤0.5 ppm

<0.01 ppm

Total Aerobic Plate Count

<1000 cfu/g

<10 cfu/g

Yeast

<100 cfu/g

<10 cfu/g

Moulds

<100 cfu/g

<10 cfu/g

Escherichia coli

<10 cfu/g

<10 cfu/g

Coliforms

<10 cfu/g

<10 cfu/g

Salmonella

Negative

Negative

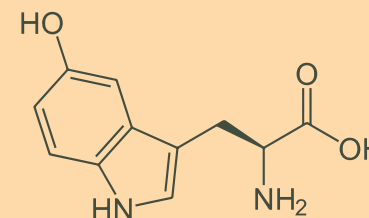
Staphylococcus aureus

<10 cfu/g

<10 cfu/g

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 retesting period of 3 years from the date of analysis when properly stored.

## 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. It may interact with a number of medications, including SSRI medication and other medicines that affect the serotonergic system. Do not take 5-HTP if you are using medication.
- 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 up to 3 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.



## Eurofins Microbiology Laboratories (New Berlin)

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Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

### ANALYTICAL REPORT

AR-23-QH-014505-01

Client Code: QH0000902  
PO#: 210711-1

Received On: 02Mar2023  
Reported On: 09Mar2023

<b>Eurofins Sample Code:</b> 477-2023-03020039 <b>Client Sample Code:</b> 210711-1 <b>Sample Description:</b> 5-HTP	<b>Sample Registration Date:</b> 02Mar2023 <b>Condition Upon Receipt:</b> acceptable, 17°C <b>Sample Reference:</b>
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FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference	Accreditation	Completed	Sub
	AOAC 2011.19, 993.14 and 2015.01 (modified)		09Mar2023	1
<b>Parameter</b>	<b>Result</b>			
Arsenic	<10.0 ppb			
Cadmium	<5.00 ppb			
Lead	<5.00 ppb			
Mercury	<5.00 ppb			

UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference	Accreditation	Completed
	CMMEF Chapter 9,933	ISO/IEC 17025:2017 A2LA 3329.07	03Mar2023

<b>Parameter</b>	<b>Result</b>
Coliforms	< 10 cfu/g
<b>Parameter</b>	<b>Result</b>
Escherichia coli	< 10 cfu/g

UMDTC - Salmonella species - AOAC-R1 121501	Reference	Accreditation	Completed
	AOAC-R1 121501	ISO/IEC 17025:2017 A2LA 3329.07	03Mar2023

<b>Parameter</b>	<b>Result</b>
Salmonella	Not Detected per 25 g

UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference	Accreditation	Completed
	BAM Chapter 12	ISO/IEC 17025:2017 A2LA 3329.07	04Mar2023

<b>Parameter</b>	<b>Result</b>
Staphylococcus aureus	< 10 cfu/g

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### ANALYTICAL REPORT

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UMB1 - Yeast - FDA BAM Chapter 18 mod.	Reference	Accreditation	Completed
	FDA BAM Chapter 18 mod.	ISO/IEC 17025:2017 A2LA 3329.07	07Mar2023
<b>Parameter</b>	<b>Result</b>		
Yeast	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Moulds	< 10 cfu/g		

UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference	Accreditation	Completed
	CMMEF Chapter 8.72	ISO/IEC 17025:2017 A2LA 3329.07	04Mar2023

<b>Parameter</b>	<b>Result</b>
Aerobic Plate Count	< 10 cfu/g

Subcontracting partners:

1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

Patricia Quinn  
Associate Project Manager I



Results shown in this report relate solely to the item submitted for analysis. [Any opinions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation. [All results are reported on an "As Received" basis unless otherwise stated. [Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. [All work done in accordance with Eurofins General Terms and Conditions of Sale: [www.eurofinsus.com/terms\\_and\\_conditions.pdf](http://www.eurofinsus.com/terms_and_conditions.pdf). [V indicates a subcontract test to a different lab. Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

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## SN Special Analysis West

Adam Ahmed  
Synaptent LLC  
47 W Polk St. #100-241  
Chicago, IL 60605

Received: 03/03/23  
Reported: 03/20/23  
Project#: 26447a  
PO Number: Verbal

### Analysis Report: 5-HTP 210711-1

This report shall not be reproduced, except in full, without written permission from Eurofins SF Analytical Laboratories. Test results pertain only to those items tested. All samples were in good condition when received by the lab unless otherwise noted. Any conclusions offered in this report are to be considered the opinion and interpretation of the authoring scientist(s) and should be given appropriate review.

### REPORT OF ANALYSIS

One blue jar of powder labeled "5-HTP 210711-1" was received on 3 March 2023.

A portion of the powder was analyzed for purity using high-pressure liquid chromatography (HPLC) with UV detection at 206 nm. The chromatographic purity of the sample was found to be 99.8%.

The chromatogram is enclosed for your reference.

Mike Le, M.S.  
Scientist

Instrument Annex-1 Sequence:26447- 5-HTP Purity Scherzo

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