



# Certificate of Analysis

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

## Inositol

 Cyclohexanehexol

Material Lot #: 20210118

Test Date: 08-06-2021

Country of Origin: China

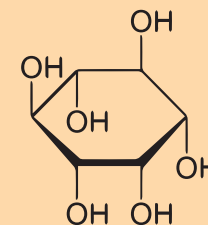
Re-Test Date: 08-03-2024

Analysis	Claim	Result
Inositol	≥99%	>99.9%

Test	Specification	Result
Inositol (HPLC)	≥99%	>99.9%
Lead	≤0.5ppm	0.00501 ppm
Mercury	≤0.3ppm	<0.005 ppm
Cadmium	≤0.3ppm	<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

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

## Inositol



## Main Benefits

- Myo-Inositol is a common molecule found in the glucose metabolic pathway and is responsible for regulating a wide range of bodily functions.
- Myo-Inositol supplements are effective in improving female vitality; helping to maintain healthy hormone and stress levels; and supporting healthy well-being.
- At higher doses, Myo-Inositol supplements have been found to be effective at producing a calm and relaxed mood.

## Main Cautions

- One of the greatest benefits of Myo-Inositol supplements are their apparent lack of adverse effects, when taken at the recommended serving size.
- At higher doses, rare side effects may include nausea, stomach pain, tiredness, headache, or dizziness.
- In one study, extremely large servings were used (30 grams) and the adverse effects experienced by most people were mild gastrointestinal upset.

## Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000 mg of Inositol**. As a dietary supplement, take 1-3 servings 1-3 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack Inositol with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Inositol 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 Inositol are dependent on the amount taken, so use of a scale with 10mg or 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.



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Synaptent

Joseph Watkins  
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## ANALYTICAL REPORT

AR-21-QH-052670-01

Client Code: QH0000902  
O#: Beta Cyclodextrin 20200310 Inositol 2021  
Received On: 04Aug2021  
Reported On: 28Sep2021

Eurofins Sample Code: 477-2021-08040237 Client Sample Code: 20210118		Sample Registration Date: 04Aug2021 Condition Upon Receipt: acceptable, 20.8°C	
Sample Description: Inositol		Sample Reference:	
FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference AOAC 2011.19 and 993.14 (modified)	Accreditation ISO/IEC 17025:2017 A2LA 2918.01	Completed 11Aug2021 Sub 1
Parameter Arsenic	Result < 10.0 ppb		
Cadmium	< 5.00 ppb		
Lead	< 5.00 ppb		
Mercury	5.01 ppb		
UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference CMMEF Chapter 9.933	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 05Aug2021
Parameter Coliforms	Result < 10 cfu/g		
Parameter Escherichia coli	Result < 10 cfu/g		
UMDTIC - Salmonella spp. - AOAC-RI 121501	Reference AOAC-RI 121501	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 05Aug2021
Parameter Salmonella	Result Not Detected per 25 g		
UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference BAM Chapter 12	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 06Aug2021
Parameter Staphylococcus aureus	Result < 10 cfu/g		

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9/28/21 4:04 pm



## S &amp; N LABS

2021 E. Fourth Street Santa Ana, California 92705 (714) 543-2211

10 August 2021

Job Number: 25300d  
PO Number: verbalSynaptent LLC  
47 West Polk Street #100-241  
Chicago, Illinois 60605

## REPORT OF ANALYSIS

One blue jar labeled "Inositol 20210118" was received on 5 August 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was evaporative light scattering (ELSD). The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
Inositol 20210118	>99.9

The chromatogram is enclosed for your reference.

  
Neil E. Spingam, Ph.D.  
President

Synaptent

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Eurofins Sample Code: 477-2021-08040237 Client Sample Code: 20210118		Sample Registration Date: 04Aug2021 Condition Upon Receipt: acceptable, 20.8°C	
Sample Description: Inositol		Sample Reference:	
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.		Completed 09Aug2021
Parameter Yeast	Result < 10 cfu/g		
Parameter Moulds	Result < 10 cfu/g		
UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference CMMEF Chapter 8.72	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 06Aug2021
Parameter Aerobic Plate Count	Result < 10 cfu/g		

Instrument: Ultimate3000ELSD Sequence: 25300-Inositol Purity ELSD

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