



# Certificate of Analysis

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

LiftMode

## L-Tryptophan

 (2S)-2-amino-3-(1H-indol-3-yl)propanoic acid

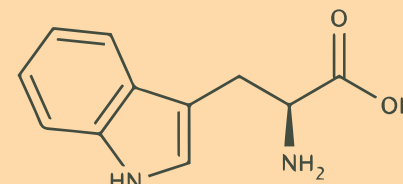
Material Lot #: 202105131      Test Date: 08/05/2021  
Country of Origin: China      Re-Test Date: 08/04/2024

Analysis	Claim	Result
L-Tryptophan	≥99%	98.0%

Test	Specification	Result
L-Tryptophan (HPLC)	≥99%	98.0%
Lead	≤0.5ppm	<0.005 ppm
Mercury	≤0.5ppm	<0.005 ppm
Cadmium	≤0.5ppm	<0.005 ppm
Arsenic	≤0.5 ppm	<0.010 ppm
Total Aerobic Plate Count	<1000 cfu/g	<10 cfu/g
Yeast	Yeast & Mold < 100 cfu/g	<10 cfu/g
Moulds	Yeast & Mold < 100 cfu/g	<10 cfu/g
Escherichia coli	Negative	Conforms
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Not Detected per 25 g
Staphylococcus aureus	Negative	<10 cfu/g

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

## L-TRYPTOPHAN



### Main Benefits

- L-Tryptophan is a biochemical precursor to both serotonin and melatonin. Taken as a supplement, L-Tryptophan has been proven to increase melatonin and serotonin levels.
- In increasing Melatonin levels, L-Tryptophan has been used to promote healthy sleep.
- In addition to supporting a good mood through increased serotonin levels, L-Tryptophan has also been proven to support a healthy body and brain.

### Main Cautions

- **Do not exceed the recommended serving size for this supplement.** Side effects may include may include heartburn, stomach pain, dizziness, gas, & headache.
- Using excessive quantities of L-Tryptophan may cause nausea, drowsiness, and loss of libido.
- Do not use L-Tryptophan supplements if you are on any medication. If you have any medical conditions, speak to your doctor before using L-Tryptophan.

### Usage Tips

- A 1.0cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500 mg of L-Tryptophan**. 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-Tryptophan are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- Mixing L-Tryptophan with tea, yogurt, apple sauce, oatmeal, or usage of a capsule may make the powder easier to manage.
- 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 L-Tryptophan with other **non-stimulating supplements**, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Tryptophan are most effective when they are supported by a healthy diet and plenty of exercise.



## S & N LABS

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

10 August 2021

Synaptent LLC  
47 West Polk Street #100-241  
Chicago, Illinois 60605

### REPORT OF ANALYSIS

One blue jar labeled "L-Tryptophan 202105131" was received on 5 August 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was set to 279nm. The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
L-Tryptophan 202105131	98.0

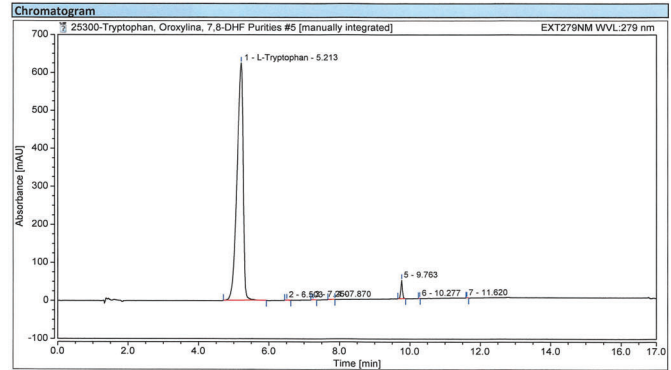
The chromatogram is enclosed for your reference.

*Neil E. Spingam*

Neil E. Spingam, Ph.D.  
President

### Chromatogram and Results

Injection Details			
Injection Name:	L-Tryptophan 202105131	Run Time (min):	20.00
Vial Number:	BE3	Injection Volume:	10.00
Injection Type:	Unknown	Channel:	EXT279NM
Calibration Level:		Wavelength:	n.a.
Instrument Method:	BD pH6 250mm MaxRP 20min	Bandwidth:	n.a.
Processing Method:		Dilution Factor:	1.0000
Injection Date/Time:	06/Aug/21 16:10	Sample Weight:	1.0000



Integration Results							
No.	Peak Name	Retention Time min	Area mAU*min	Height mAU	Relative Area %	Relative Height %	Amount
1	L-Tryptophan	5.213	128.573	624.752	98.05	92.67	n.a.
2		6.503	0.023	0.376	0.02	0.06	n.a.
3		7.250	0.025	0.539	0.02	0.08	n.a.
4		7.870	0.012	0.000	0.01	0.00	n.a.
5		9.763	2.498	48.346	1.90	7.17	n.a.
6		10.277	0.003	0.066	0.00	0.01	n.a.
7		11.620	0.003	0.081	0.00	0.01	n.a.
Total:			131.137	674.161	100.00	100.00	

Synaptent  
Joseph Watkins  
1442 W. Fulton Street  
Chicago, IL 60607

### ANALYTICAL REPORT

AR-21-QH-043120-01

Client Code: QH0000902  
PO#: 20210802  
Received On: 04Aug2021  
Reported On: 11Aug2021

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Joseph Watkins  
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### ANALYTICAL REPORT

AR-21-QH-043120-01

Client Code: QH0000902  
PO#: 20210802  
Received On: 04Aug2021  
Reported On: 11Aug2021

Sample Description: L-Tryptophan	Sample Reference:
Parameter	Result
Arsenic	< 10.0 ppb
Cadmium	< 5.00 ppb
Lead	< 5.00 ppb
Mercury	< 5.00 ppb

Eurofins Sample Code: 477-2021-08040240	Sample Registration Date: 04Aug2021
Client Sample Code: 202105131	Condition Upon Receipt: acceptable, 20.8°C
Sample Description: L-Tryptophan	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	Result
Arsenic	< 10.0 ppb
Cadmium	< 5.00 ppb
Lead	< 5.00 ppb
Mercury	< 5.00 ppb

UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference CMMEF Chapter 9.933
	Accreditation ISO/IEC 17025:2017 A2LA 3329.07
	Completed 05Aug2021
Parameter	Result
Coliforms	< 10 cfu/g
Parameter	Result
Escherichia coli	< 10 cfu/g

UMDTC - Salmonella spp. - AOAC-RI 121501	Reference AOAC-RI 121501
	Accreditation ISO/IEC 17025:2017 A2LA 3329.07
	Completed 05Aug2021
Parameter	Result
Salmonella	Not Detected per 25 g

Eurofins Sample Code: 477-2021-08040240	Sample Registration Date: 04Aug2021
Client Sample Code: 202105131	Condition Upon Receipt: acceptable, 20.8°C
Sample Description: L-Tryptophan	Sample Reference:
UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference BAM Chapter 12
	Accreditation ISO/IEC 17025:2017 A2LA 3329.07
	Completed 06Aug2021
Parameter	Result
Staphylococcus aureus	< 10 cfu/g
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.
	Completed 09Aug2021
Parameter	Result
Yeast	< 10 cfu/g
Parameter	Result
Moulds	< 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	Result
Aerobic Plate Count	< 10 cfu/g

Subcontracting partners:  
1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

*Michael A. Kaiser*

Michael Kaiser  
Associate Technical Leader



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.eurofins.com/terms\\_and\\_conditions.pdf](http://www.eurofins.com/terms_and_conditions.pdf) | \ 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.