

LIFTMODE

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

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CERTIFICATE OF ANALYSIS

Milk Thistle Extract

Silybum marianum (L.) Gaertn Seed Extract

Material Lot #: 20190329 Manufacture Date: 03/29/2019
Country of Origin: China Re-Test Date: 04/02/2022

Analysis	Claim	Result
Silymarin	≥80.0%	82.3%

Test	Specification	Result
Appearance	Yellow to Yellow-Brown Amorphous Powder	Complies
Silymarin (on the dried basis) (UV tested)	≥80.0%	82.3%
Silymarin (on the dried basis) (HPLC tested)	≥40.0%	45.1%
Silymarin + Silychristin	20.0 - 45.0%	29.5%
Silybin (A+B) (percent of Silymarin)	40.0 - 65.0%	59.6%
Isosilybin (A+B) (percent of Silymarin)	10.0 - 20.0%	10.9%
Loss on Drying	≤5.0%	1.7%
Residue on Ignition	≤0.5%	0.1%
Residual Solvents	Meets USP requirements	Complies
Pesticide Residues	Meets USP requirements	Complies
Heavy Metals	≤20 ppm	Complies
Arsenic	≤2.0 ppm	<0.05 ppm
Lead	≤3.0 ppm	<0.05 ppm
Mercury	≤0.1 ppm	<0.01 ppm
Cadmium	≤1.0 ppm	<0.05 ppm
Total Plate Count	≤1,000 cfu/g	<10 cfu/g
Yeast & Mold	≤100 cfu/g	<10 cfu/g
E.Coli	Negative	Negative

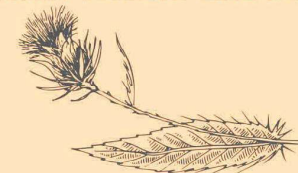
Milk Thistle Extract should be stored at or below room temperature in a tightly sealed durable container. Milk Thistle Extract should be protected from excess heat, direct sunlight, excess humidity and moisture. Milk Thistle Extract has a stable shelf life of 3 years from the date of manufacture when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

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Milk Thistle Extract



Main Benefits

- Milk Thistle Extract has been found to promote a healthy liver and healthy skin cells, serving as an effective "healthy aging" supplement.
- Studies have shown that Milk Thistle Extract may also lower blood sugar levels and also help regulate healthy cholesterol levels.
- Milk Thistle Extract may also reduce insulin resistance, serving as a natural fat burner.

Main Cautions

- Some people may have a severe anaphylaxis allergic reaction to Milk Thistle Extract, so particular caution is advised.
- Exceeding the recommended serving size may result in digestive issues, skin irritation and loss of appetite.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition: **particularly a history of anaphylactic allergic reactions.**

Usage Tips

- A 0.15 cc measuring scoop is included. Two rounded scoops contains approximately one serving, or approximately **250mg of Milk Thistle Extract**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- 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 Milk Thistle Extract with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The negative effects of Milk Thistle Extract are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- The benefits of Milk Thistle Extract are most effective when they are supported by a healthy diet and plenty of exercise.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder easier to tolerate.



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Telephone: 615-239-8604

Certificate of Analysis

Synaptent LLC
47 W Polk Street, 100-241
Chicago, IL 60654

Product Name	Milk Thistle Extract	Client Lot Number	20190329
Report Date	09/07/19	Laboratory #	12418

Test	Method	Result
Total Silymarins	HPLC	49.3%
Silydianin and Silychristin	HPLC	34.1% (percent of Silymarin)
Silybin (A+B)	HPLC	60.1% (percent of Silymarin)
Isosilybin (A+B)	HPLC	10.2% (percent of Silymarin)
Lead	ICP-MS USP <730>	0.017 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.011 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	< 10 cfu/g
Salmonella	Biolumix	Negative

Anhydrous basis

Collin Thomas *CT*
Laboratory Manager

09/07/2019 *9/7/19*
Date

The result(s) stated in this report is only for the sample submitted. This report may not be reproduced in whole or in part, nor may any reference be made to the work, the result, or the company in any news release, public announcements or advertising without our prior written consent.

CERTIFICATE OF ANALYSIS

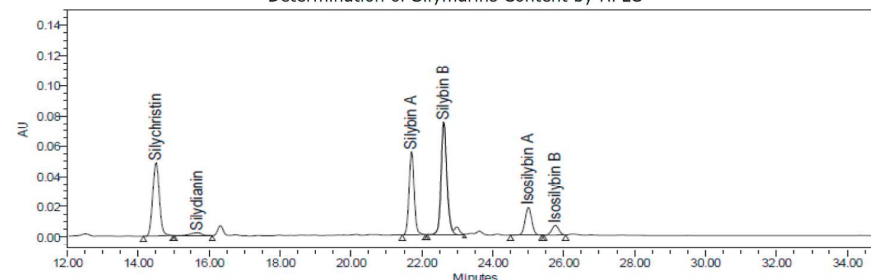


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Report Issued To: Synaptent
47 W. Polk St.
Chicago Illinois 60605

Sample Name: Milk Thistle Extract
Description: Powdered extract; Blue plastic bottle silver lid
Lot #: 20190329
AL #: 19211XLZ_2
Analysis ID: 123142
Received: 07/30/19

Determination of Silymarins Content by HPLC



Ret. Time (min)	Compound Name	Prep 1 (%)	Prep 2 (%)	Average As-Is (%)	Average Dry Basis (%)	Average Dry Basis per total Silymarins (%)	Specification	Result
14.5	Silychristin	12.058	11.921	11.990	12.085		20-40% of total Silymarins	Pass
15.8	Silydianin	0.775	0.758	0.766	0.772	27.996		
21.7	Silybin A	10.578	10.479	10.529	10.613	58.496	40-65% of total Silymarins	Pass
22.6	Silybin B	16.201	16.046	16.124	16.252			
25.0	Isosilybin A	4.472	4.431	4.452	4.487		10-20% of total Silymarins	Pass
25.8	Isosilybin B	1.607	1.588	1.597	1.610	13.276		
	Total	45.690	45.224	45.457	45.820	N/A	NLT 40%	Pass

Chromatographic Conditions:

Method: USP 42- Powdered Milk Thistle Extract
Column: AP131 ODS-A (150x4.6mm)
Temperature: 40°C
Flow Rate: 1 mL/min
Injection Volume: 10 µL
UV Detection: 288 nm
Mobile Phase: 0.5% Phosphoric Acid in 20% Methanol
0.5% Phosphoric Acid in 80% Methanol
HPLC Instrument: Alliance_3

Sample Preparation:

Mixed sample well. Transferred approximately 50 mg to 50 mL low actinic volumetric flask and added 40 mL methanol. Vortexed 30 seconds and sonicated 20 minutes at room temperature. Cooled and filled to volume with methanol. Mixed by inversion. Diluted 1:5 in methanol. Filtered through 0.45 µm PTFE syringe filter into HPLC vial for analysis.

Report Summary:

Conclusion: This "Milk Thistle Extract" sample contains an average of 46% total silymarins as Silychristin, Silydianin, Isosilybin A, Isosilybin B, Silybin A, and Silybin B on the dried basis.
OOS Reference: N/A
Loss on Drying: 0.79%
Notebook Reference: LC130 p. 142

Analysis Date : 08/06/19 Analyzed By: C Deneuve

Authorized By: Colin Gray,
Lead Analytical Chemist

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