



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

liftmode@liftmode.com  
www.liftmode.com

## CERTIFICATE OF ANALYSIS

### NMN

Nicotinamide Mononucleotide

Material Lot #: 20190827-2      Manufacture Date: 07/15/2019  
Country of Origin: China      Expiration Date: 09/08/2022

Analysis	Claim	Result
Nicotinamide Mononucleotide	≥98.0%	99.6%

Test	Specification	Result
Appearance	White to off-white crystalline powder	Complies
Water Content	≤5.0%	0.18%
Purity	≥98.0%	99.60%
Ethanol	≤2.0%	Complies
Heavy Metal		
Arsenic	≤1 ppm	Complies
Lead	≤1 ppm	Complies
Cadmium	≤1 ppm	Complies
Total Plate Count	≤750 cfu/g	Complies
Salmonella	≤2 MPN/g	Complies
E.Coli	Negative	Complies

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



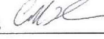
812 Meadow Lark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

### Certificate of Analysis

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

Product Name	Beta Nicotinamide Mononucleotide	Product Lot Number	20190827-2
Report Date	09/09/2019	Laboratory Number	12658

Description	Method	Result
Identification	H-NMR	Conforms to structure
Assay	HPLC	98.1%
Lead	ICP-MS USP <730>	0.081 ppm
Arsenic	ICP-MS USP <730>	2.275 ppm
Cadmium	ICP-MS USP <730>	0.012 ppm
Mercury	ICP-MS USP <730>	0.018 ppm
Total Aerobic Count	Biolumix	<1, 000 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas   
Laboratory Manager

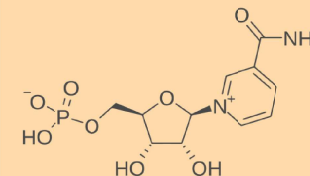
09/09/2019 9/9/19  
Date

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(Nicotinamide Mononucleotide)



## Main Benefits

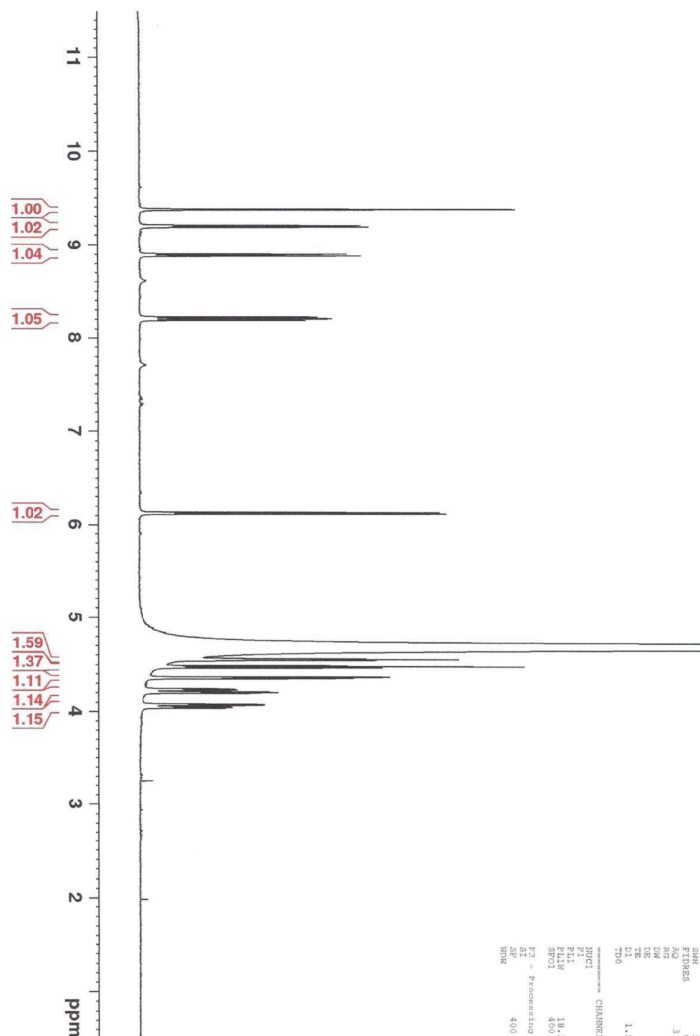
- NMN is a precursor to NAD<sup>+</sup> which is known to promote healthy cellular energy levels and hold powerfully regenerative properties.
- Studies also indicate that NMN can be used to boost glucose tolerance and improve the body's insulin production.
- NMN can also be used to sharpen cognitive function in the aging brain.

## Main Cautions

- NMN has substantially less research & development than other similar NAD+ precursors (such as Nicotinamide Riboside). Particular caution is advised when using NMN as the risks of this supplement have not been fully determined
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

## Usage Tips

- A 0.15 cc measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **100mg of NMN**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of NMN 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 NMN with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of NMN are most effective when they are supported by a healthy diet and plenty of exercise.



1H NMR of Nicotinamide Mononucleotide  
in D2O  
lot # 12658  
Colmaric Analyticals  
400 MHz  
08-30-19

NAME	VALUE	UNIT
DATE	Aug10-2019	date
EXID	1	
PRCH	1	
F2. Acquisition parameters		
TIME	50.1407	sec
INSTRUM	5 mm PRESS	
PROBHD	51	
PULPROG	zgpg30	
TD	32768	
SI	32	
EXPT	32	
NUC1	13C	
NUC2	13C	
NUC3	52.08-73.3	
NUC4	13C	
PROBHD	51	
FILES	9.158444 Hz	
ACQ	3.1415926 rad	
RG	96.500 usec	
DW	2.000 usec	
DE	2.000 usec	
TE	300.2 K	
TD	1.5000000 sec	
DO	1	
UC1	CHANNEL F1	
NUC1	13C	
PROBHD	51	
PUL	13.18 usec	
RG	18.485 usec	
DE	2.000 usec	
TE	300.2 K	
TD	400.1120007 Mhz	
F1 - Processing parameters		
SI	32768	
WDW	EM	
SSB	400.130065 Mhz	
GB	0	
PC	0	
MC	0	
LB	0	
GB	0	
PC	0	
MC	0	
LB	0	