



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

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CERTIFICATE OF ANALYSIS

Phenibut HCL (β-phenyl-γ-aminobutyric acid HCl)

Please note, two different batches of Phenibut crystal are blended to achieve the correct weight per capsule.

Material Lot #: 20151101
Country of Origin: China

Manufacture Date: 11/01/2015
Expiration Date: 10/31/2018

Analysis **Claim** **Result**

Phenibut HCL $\geq 99.5\%$ 99.6%

Test **Specification** **Result**

Appearance	Almost White Crystal	Complies
Relative Material	≤ 0.1	Complies
Clarity of Solution	$\leq 1^*$	Complies
Iron%	≤ 0.005	Complies
Melting Point	194.0–202.0°C	198.0-200.0°C
PH	2.3-2.7	2.48
Loss on Drying	$\leq 0.5\%$	0.2%
Residue on Ignition	$\leq 0.1\%$	0.07%
Mesh Size	15~30 Mesh	Conforms
Heavy Metals (µg/g)	≤ 10 ppm	<10 ppm
Iron	$\leq 0.005\%$	$\leq 0.005\%$
Arsenic	≤ 1 ppm	0.104 ppm
Cadmium	≤ 1 ppm	<0.001 ppm
Lead	≤ 1 ppm	0.014
Arsenic	≤ 1 ppm	<0.001 ppm

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



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CERTIFICATE OF ANALYSIS

Phenibut HCL (β-phenyl-γ-aminobutyric acid HCl)

Material Lot #: 20150605
Country of Origin: China

Manufacture Date: 06/30/2015
Expiration Date: 06/30/2017

Analysis **Claim** **Result**

Phenibut HCL $\geq 99.5\%$ 99.8%

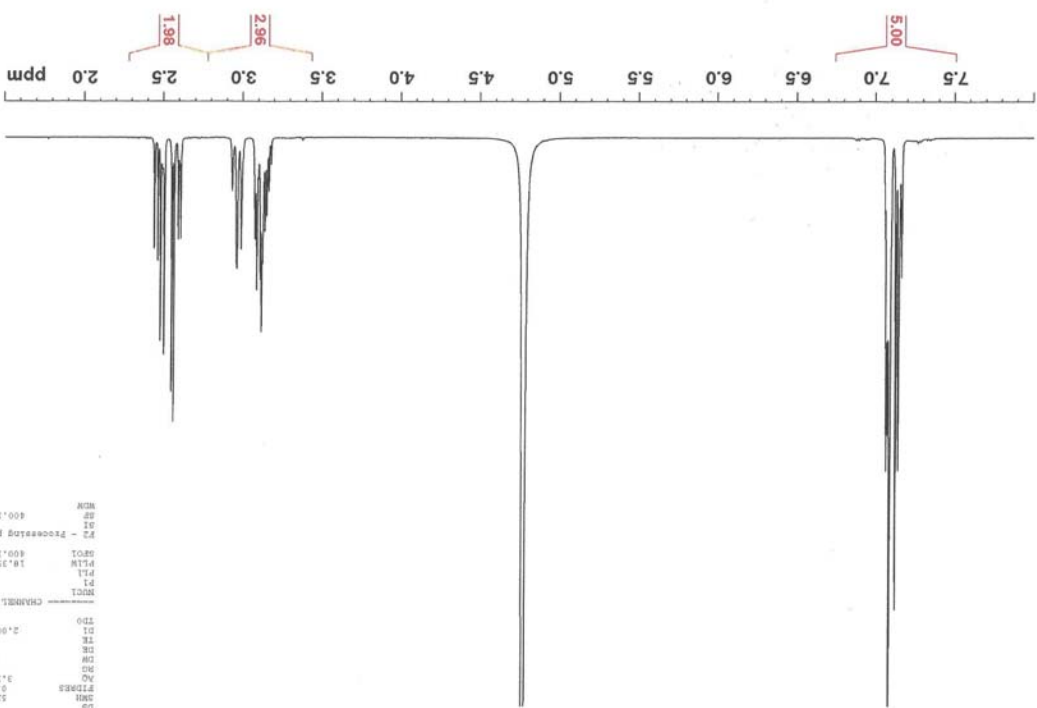
Test **Specification** **Result**

Appearance	Almost White Crystal	Complies
Relative Material	≤ 0.1	Complies
Clarity of Solution	$\leq 1^*$	Complies
Iron%	≤ 0.005	Complies
Melting Point	194.0–202.0°C	198.5-199.5°C
PH	2.3-2.7	2.5
Loss on Drying	$\leq 0.5\%$	0.08%
Residue on Ignition	$\leq 0.1\%$	0.01%
Mesh Size	15~30 Mesh	Conforms
Heavy Metals (µg/g)	≤ 10 ppm	<10 ppm
Assay %	≤ 99.0	99.8

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

1H NMR of Phenibut HCl
 Lot # 6420
 Colmaric Analytical
 01-19-16

Current Data Parameters
 NAME 14119-2016-00-00-00-00
 EXPNO 1
 PROCNO 1
 F2 - Acquisition Parameters
 Date_ 20161119
 Time 14:17
 PROBRG 1
 PULPROG zgpg30
 SOLVENT DMSO
 D2O
 DS 2
 SCANS 320
 SFO 500.1362618
 AQ 0.15949818
 FIDRES 0.14517881
 AQ 0.15949818
 SFO 500.1362618
 CHANDEL F1
 NU1 11.18
 P1 11.18
 P2 11.18
 FTLR 18.13689398
 SFO1 500.1362618
 F2 - Processing parameters
 SI 32768
 SF 500.1362618
 DS 2
 EQ 1



Phenibut HCl

- Reduces stress
- Promotes healthy sleep
- Creates a feeling of well-being
- Phenibut is a nootropic substance that acts as a GABA agonist to treat stress and anxiety and promote restful sleep.
- The primary effects of phenibut use include pain-reduction, promoting calmness and a feeling of well-being, reduction of stress and promotion of restful sleep at higher doses.
- Recommended dosage of phenibut is 500-1500mg per day, in two to three separate servings, depending on the desired effect.
- Mild side effects may include dizziness and lethargy with higher doses and withdrawal symptoms are rare but can occur after prolonged use.

Background

Phenibut, also known as *p*-Phenyl-γ-aminobutyric acid or nootrol, has been used significantly in Russia since the 1960s as a nootropic supplement for treating anxiety and stress, for the promotion of a feeling of well-being and to promote good sleep. GABA is the primary inhibitory neurotransmitter molecule in the brain, and is divided into two groups: GABA-A, -B, and -C. Each GABA group has different functions. Targeting GABA-A subtypes produces sedative, anxiolytic, muscle-relaxing, and alcohol-potentiating effects as well as nootropic effects (GABA-A subtype receptors and is nonselective in the two, its use as a GABA agonist is important because it is not possible to supplement with GABA alone due to the blood-brain barrier, while GABA itself cannot do this. It should be noted that other commonly used substances are also GABA agonists and these include alcohol as well as other commonly prescribed anti-anxiety and sleep-inducing drugs.¹

Phenibut effects/benefits

GABA transmitters are found throughout the CNS and specifically in regions of the spinal cord that are known to be associated with pain. The GABA neurotransmitters are also found outside of the spinal cord and in areas of the CNS that are known to coordinate the response to and perception of pain. They are inhibitory molecules and are able to regulate the amount of information that reaches the CNS. In a very simplified explanation, GABA transmitters are able to modulate the perception of pain and since they are inhibitory, a greater concentration of GABA will inhibit the perception of pain to an extent. Since phenibut acts as a GABA agonist, it is also able to reduce pain to an extent, along with creating other effects that include mood-lift and euphoria associated with anxiolytics.²

It is important to remember the different GABA-receptors and subtypes and that they all have different effects on the human body. While GABA-B agonists have a very strong potential to work as pain and anxiety relief, the problem is dose and their being unsuitable in the different GABA-receptor groups. In most cases of tried chemicals, when the dose is high enough to provide pain-relief, other effects start setting in like sedation. This is because of interactions with other GABA-receptor groups.

One benefit of phenibut is that the dose can be altered according to what effect is desired. For simple anxiety relief and mood lift a lower dose is used. When the dose is increased, the chemical can become a hypnotic, ie can be used as a sedative and for treatment of sleep apnea. This is because of the nature of GABA molecule. As explained before, GABA is an inhibitory molecule and is able to "filter out" information from the CNS. This is why it acts as a regulator for the perception of pain – it is able to stop too much information from entering our brains and allows us to only

Phenibut is a great substance with multiple calming and mood-enhancing effects and, as with all GABA agonists, it can have some side effects.

Mild side effects can include gastrointestinal issues, dizziness, tiredness, memory reduction and lethargy and these are common with the use of all GABA-agonists.³

Withdrawal effects from phenibut use have also been reported on rare occasions. For this reason it is recommended to reduce dosage of phenibut before stopping entirely. Withdrawal effects can include negative thoughts, lethargy and irritability. There is a reported case of a 25-year old man in Russia who became hospitalized for psychotics from withdrawal after long high-dose use of phenibut. The man was dosing at 20grams phenibut per day, which is a huge amount and creates massive risks of overdosing. The symptoms he experienced are not uncommon in alcohol-dependant withdrawal as well as withdrawal from baclofen, GHB, benzodiazepine which are also GABA agonists.

"Phenibut should NOT be taken with benzodiazepines or alcohol as it may result in respiratory depression that may lead to unconsciousness or even death".⁴

Phenibut recommended usage

"Scientists have concluded from these studies that phenibut results in higher cardiac contraction and relaxation rates, higher left-ventricular pressure during junctional tests, and increased indexes of oxidative phosphorylation."⁴

A lot of research has gone into the use of phenibut as a neuroprotector and it has been found to be able to protect the brain from stress, especially when the brain is deprived of oxygen. This can occur during drowning, injury or during extreme physical exertion and can result in overheating.

Phenibut has also been found to have profound cardioprotective effects which include protecting the heart from injury.

The recommended dose of phenibut is 500-1500mg per day, in two to three separate servings. A lower dose should result in more of a mood-lift, anxiety relief and euphoric effect whereas a higher dose it acts more as a sedative and results in better sleep. It is not recommended to exceed the daily dose as overdosing is possible. Also take note that tolerance can build up through continuous use but it is still not recommended to exceed the daily recommended dose.

¹ "Phenibut (GABA-A Transmitter and Nootropic Drug." *Trials*, Lippincott Williams & Wilkins, Volume 7, Issue 47-48, December 2001

² "Phenibut for an Anxiolytic Source of Anxiety Relief." *Neurologia Medica*, online article, April 5 2014

³ "The Science of Phenibut." *Phenibut For Anxiety*, online article, August 2012

⁴ "Phenibut: The presence of anxiolytic and sedative effects in the United States." *Chronic W. J. Conrad, MD, April 18, 2009, MD, James D. Shaver, MD, James D. Shaver, MD, MPH, 1.46*

⁵ "Phenibut: The presence of anxiolytic and sedative effects in the United States." *Chronic W. J. Conrad, MD, April 18, 2009, MD, James D. Shaver, MD, James D. Shaver, MD, MPH, 1.46*

⁶ "Phenibut: The presence of anxiolytic and sedative effects in the United States." *Chronic W. J. Conrad, MD, April 18, 2009, MD, James D. Shaver, MD, James D. Shaver, MD, MPH, 1.46*