

LIFTMODE

LIFTMODE
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CERTIFICATE OF ANALYSIS

Pyridoxine HCl

Vitamin B6

Material Lot #: 18123041 Manufacture Date: 12/14/2018
Country of Origin: China Re-Test Date: 12/17/2022

Analysis	Claim	Result
Pyridoxine HCl	≥99.0%	100.3%

Test	Specification	Result
Assay	≥99.0%	100.30%
Appearance	A white or off-white crystalline powder	Complies
pH	2.4~3.0	2.7
Loss on Drying	≤0.5%	0.05%
Residue on Ignition	≤0.1%	0.01%
Chloride	≤17.6%	17.2%
Ethanol	≤0.5%	Complies
Total Impurities	≤0.2%	Complies
Heavy Metals		
Lead	≤0.5 mg/kg	Complies
Cadmium	≤0.5 mg/kg	Complies
Arsenic	≤0.5 mg/kg	Complies
Mercury	≤0.1 mg/kg	Complies
Total Plate Count	≤100 cfu/g	Complies
Yeast & Mold	≤10 cfu/g	Complies
E.Coli.	Negative	Complies

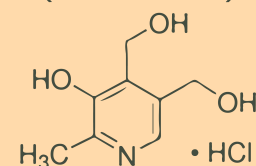
Pyridoxine HCl should be stored at or below room temperature in a tightly sealed durable container. Pyridoxine HCl should be protected from excess heat, direct sunlight, excess humidity and moisture. Pyridoxine HCl has a stable shelf life of 4 years from the date of manufacture when properly stored.

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Pyridoxine HCl (Vitamin B6)



Main Benefits

- Vitamin B6 is not produced in the body, and therefore can be difficult for people to get naturally in their diet. However, Vitamin B6 is vital to several processes within the body.
- Studies indicate that Vitamin B6 can be used to improve mood, brain health, and hemoglobin production.
- Vitamin B6 can also be used for its regenerative and neuroprotective properties to keep the aging body healthy.

Main Cautions

- It is very important that you do not exceed the suggested serving sizes. Taking too much Pyridoxine HCl can lead to a number of adverse effects.
- Excessive amounts of Pyridoxine HCl can lead to severe nerve damage. Do not use Pyridoxine HCl if you are taking central nervous stimulants, MAOIs, blood pressure medication, alpha blockers, or allergy medications.
- 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 blue micro-measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **10mg of Pyridoxine HCl**. As a dietary supplement, take 1 serving up to 2 times per day. Start with lower suggested serving quantities to assess response.
- The negative effects of Pyridoxine HCl are dependent on the amount taken. Use of a scale with 1mg/0.001g 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 Pyridoxine HCl with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Pyridoxine HCl are most effective when they are supported by a healthy diet and plenty of exercise.



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

Certificate of Analysis

Synaptent LLC
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Chicago, IL 60654

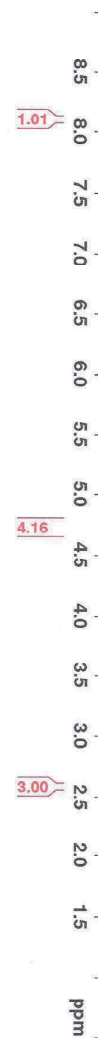
Product Name	Pyridoxine HCL	Product Lot Number	18123041
Report Date	07/30/2019	Laboratory Number	12352

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	100.3%
Lead	ICP-MS USP <730>	0.006 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.010 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *CM*
Laboratory Manager

07/30/2019 *12352*
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.



Current Data Parameters
NAME: 3126-2013-colmaric
EXPNO: 1
PROCNO: 1
F2 - Acquisition Parameters
Date_ : 2019.07.30
Time: 12:25:23
INSTRUM: spect
PROBHD: 5 mm PABO
PULPROG: zgpg30
TD: 65536
SOLVENT: DMSO
NS: 32
DS: 4
SWH: 12.688 kHz
FIDRES: 0.321 Hz
AQ: 0.187000 sec
RG: 312.500 Hz
NG: 36.181 used
PC: 25.61 used
DE: 1.500000 K
TE: 300.2 K
D1: 1.500000 sec
DELTA: 1.0000 sec
F2 - Processing parameters
SI: 32768
SF: 400.146 MHz
WDW: EM
SSB: 0
GB: 0
EC: 0
LB: 1.00 Hz
GB: 0
PC: 1.00 sec
F2 - Channel 1: spectrometer
NUC1: 1H
P1: 12.00 usec
PL1: 0.00 dB
PL12: 18.00 usec
PL122: 19.00 dB
SFO1: 400.146003 MHz

¹H NMR of Pyridoxine HCl
in DMSO
Lot # 12352
Colmaric Analytical
400 MHz
07-26-19