

LIFTMODE

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

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www.liftmode.com

## CERTIFICATE OF ANALYSIS

### Resveratrol (3,5,4'-trihydroxystilbene)

Material Lot #: 18002  
Country of Origin: China

Manufacture Date: 10/01/2018  
Re-Test Date: 10/04/2023

Analysis	Claim	Result
<i>trans</i> -Resveratrol	≥98.0%	99.3%

Test	Specification	Result
Assay	≥98.0%	33.3%
Water Content	≤2.0%	0.1%
Coumaric Acid	≤0.5%	Not Detected
Cinnamic Acid	≤0.5%	Not Detected
Pinosylvin	≤0.5%	Not Detected
Dihydroresveratrol	≤0.5%	0.18%
Phloretic Acid	≤0.1%	Not Detected
<i>cis</i> -Resveratrol	≤0.1%	Not Detected
Total Impurities	≤0.5%	Complies
Heavy Metals	≤10 ppm	Complies
Lead	≤1 ppm	<0.1 ppm
Cadmium	≤1 ppm	<0.1 ppm
Arsenic	≤1.5 ppm	<0.1 ppm
Mercury	≤0.1 ppm	<0.1 ppm
Total Plate Count	≤1,000 cfu/g	43 cfu/g
Yeast & Mold	≤100 cfu/g	7 cfu/g
E.Coli	Negative	Complies
Salmonella	Negative	Complies

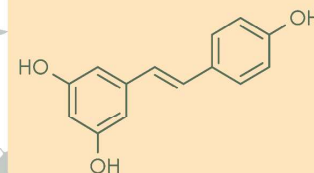
Resveratrol should be stored at or below room temperature in a tightly sealed durable container. Resveratrol should be protected from excess heat, direct sunlight, excess humidity and moisture. Resveratrol has a stable shelf life of 5 years from the date of manufacture when properly stored.

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### Resveratrol



#### Main Benefits

- Resveratrol is the compound found in red grapes and red wine which is known to promote a healthy circulatory system.
- Studies indicate that Resveratrol can also be used to improve cognitive health and function.
- Resveratrol may also increase insulin sensitivity and ease joint pain.

#### Main Cautions

- Resveratrol is generally regarded as safe within the 1,000mg recommended serving size.
- Resveratrol may cause problems for people with estrogen hormone sensitivity or bleeding disorders.
- 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 1.7cc (1/3rd teaspoon) measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **1,000mg of Resveratrol**. As a dietary supplement, take 1 serving up to 2 times per day. Start with lower suggested serving quantities 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.
- The negative effects of Resveratrol are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack Resveratrol with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder easier to tolerate.
- The benefits of Resveratrol are most effective when they are supported by a healthy diet and plenty of exercise.



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Telephone: 615-239-8604

### Certificate of Analysis

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

Product Name	Trans-Resveratrol	Product Lot Number	18002
Report Date	08/12/19	Laboratory Number	12474

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.4%
Lead	ICP-MS USP <730>	0.010 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.009 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<1000 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *CT*  
Laboratory Manager

08/12/2019 *8/12/19*  
Date

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