



# Certificate of Analysis

47 W Polk St. STE 100-241  
Chicago, IL 60605  
liftmode@liftmode.com

LiftAode

## L-Theanine Capsules

 L-γ-glutamylethylamide

Material Lot #: 31545

Test Date: 10-16-2023

Country of Origin: China

Re-Test Date: 06-19-2026

Analysis	Claim	Result
L-Theanine	≥98%	97.1%

Test	Specification	Result
L-Theanine (HPLC)	≥98%	97.1%
Lead	≤3 ppm	<0.005 ppm
Mercury	≤0.8 ppm	<0.005 ppm
Cadmium	≤0.8 ppm	<0.005 ppm
Arsenic	≤3 ppm	<0.01 ppm
Total Aerobic Plate Count	<10000 cfu/g	<10 cfu/g
Yeast	<500 cfu/g	<10 cfu/g
Moulds	<500 cfu/g	<10 cfu/g
Escherichia coli	<10 cfu/g	<10 cfu/g
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

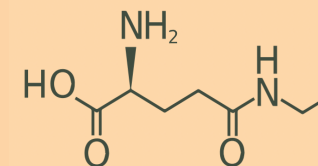
L-Theanine Capsules should be stored at or below room temperature in a tightly sealed durable container.

L-Theanine Capsules should be protected from excess heat, direct sunlight, excess humidity, and moisture.

L-Theanine Capsules has a retesting period of 3 years from the date of analysis when properly stored.

\*L-Theanine Capsules HPLC result are within acceptable +/- 1% margin of error.

### L-Theanine



### Main Benefits

- L-Theanine is a calming and focusing non-dietary amino acid derivative that is uncommon in food sources and is primarily found in green tea.
- L-Theanine is best-known for its relaxing and mildly stimulating effects, as well as its synergistic relationship with caffeine.
- It has also been found to increase mood and focus, improve sleep quality and have other health promoting effects.

### Main Cautions

- In most cases, L-Theanine is a highly safe and effective dietary supplement that is free from adverse effects when used at the recommended serving size.
- Use with caution. Do not exceed with the recommended serving size. This supplement may interact with medication. Please speak to your doctor if you have any underlying medical conditions.
- Do not use if pregnant or breastfeeding.

### Usage Tips

- Each capsule contains approximately one serving, or approximately **200mg of L-Theanine**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of L-Theanine 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 consume.
- 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 L-Theanine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Theanine are most effective when they are supported by a healthy diet and plenty of exercise.



Eurofins Microbiology Laboratories (New Berlin)

2345 S. 170th St.  
New Berlin, Wisconsin 53151  
+1 262 754 5300  
Micro-MKE@EurofinsUS.com

Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

## ANALYTICAL REPORT

AR-23-QH-062611-01

Client Code: QH0000902

Received On: 25Sep2023  
Reported On: 30Sep2023

Synaptent

Quality Control Department (COA)  
425 BARCLAY BOULEVARD  
Lincolnshire, IL 60069

## ANALYTICAL REPORT

AR-23-QH-062611-01

Client Code: QH0000902

Received On: 25Sep2023  
Reported On: 30Sep2023

<b>Eurofins Sample Code:</b> 477-2023-09250075 <b>Client Sample Code:</b> 31545 <b>Sample Description:</b> L-Theanine Capsules	<b>Sample Registration Date:</b> 25Sep2023 <b>Condition Upon Receipt:</b> acceptable, 21.9°C <b>Sample Reference:</b> 31545
<b>FS001 - Heavy Metals (As, Cd, Hg, and Pb)</b>	<b>Reference</b> AOAC 2011.19, 993.14 and 2015.01 (modified) <b>Accreditation</b> <b>Completed</b> 29Sep2023 <b>Sub</b> 1
<b>Parameter</b> Arsenic Cadmium Lead Mercury	<b>Result</b> <10.0 ppb <5.00 ppb <5.00 ppb <5.00 ppb
<b>UM8VD - Total Coliforms - CMMEF Chapter 9.933</b>	<b>Reference</b> CMMEF Chapter 9.933 <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 26Sep2023
<b>Parameter</b> Total Coliforms E. coli	<b>Result</b> < 10 cfu/g < 10 cfu/g
<b>UMDT-C - Salmonella species - AOAC-R1 121501</b>	<b>Reference</b> AOAC-R1 121501 <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 26Sep2023
<b>Parameter</b> Salmonella spp.	<b>Result</b> Not Detected per 25 g
<b>UMHBM - Staphylococcus aureus - BAM Chapter 12</b>	<b>Reference</b> BAM Chapter 12 <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 27Sep2023
<b>Parameter</b> Staphylococcus aureus	<b>Result</b> < 10 cfu/g
<b>UMIB1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod. <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 30Sep2023
<b>Parameter</b>	<b>Result</b>

Page 1 of 2

9/30/23 8:00 pm

<b>Eurofins Sample Code:</b> 477-2023-09250075 <b>Client Sample Code:</b> 31545 <b>Sample Description:</b> L-Theanine Capsules	<b>Sample Registration Date:</b> 25Sep2023 <b>Condition Upon Receipt:</b> acceptable, 21.9°C <b>Sample Reference:</b> 31545
<b>UMIB1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod. <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 30Sep2023
<b>Parameter</b> Yeast Mold	<b>Result</b> < 10 cfu/g < 10 cfu/g
<b>UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72</b>	<b>Reference</b> CMMEF Chapter 8.72 <b>Accreditation</b> ISO/IEC 17025:2017 A2LA 3329.07 <b>Completed</b> 27Sep2023
<b>Parameter</b> Aerobic Plate Count	<b>Result</b> < 10 cfu/g

Subcontracting partners:

1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

Christine Gwinn  
Associate Technical Leader



Results shown in this report relate solely to the item submitted for analysis. [Any opinions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation. | All results are reported on an "As Received" basis unless otherwise stated. | Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. | All work done in accordance with Eurofins General Terms and Conditions of Sale: [www.eurofins.com/terms\\_and\\_conditions.pdf](http://www.eurofins.com/terms_and_conditions.pdf) | \* Indicates a subcontract test to a different lab. Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

Page 2 of 2

9/30/23 8:00 pm



Quality Control Department  
Synaptent LLC  
47 W Polk St. #100-241  
Chicago, IL 60605

Received: 10/05/23  
Reported: 10/16/23  
Project#: 26736  
PO Number: Verbal

This report shall not be reproduced, except in full, without written permission from Eurofins SF Analytical Laboratories. Test results pertain only to those items tested. All samples were in good condition when received by the lab unless otherwise noted. Any conclusions offered in this report are to be considered the opinion and interpretation of the authoring scientist(s) and should be given appropriate review.

## REPORT OF ANALYSIS

One jar of capsules labeled "L-Theanine Capsules Lot# 31545" was received on 5 October 2023.

A portion of the powder inside the capsules was analyzed for purity using high-pressure liquid chromatography (HPLC) with ultraviolet (UV) detection at 195 nm. The chromatographic purity of the sample was found to be 97.1%.

The chromatogram is enclosed for your reference.

Jordan Farmer, B.S.  
Scientist

Instrument:Ultimate3000 Sequence:26736 - L-Theanine Capsule Purity

Page 1 of 1

