



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

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## CERTIFICATE OF ANALYSIS

### Green Tea Extract (Camellia sinensis extract)

Material Lot #: 170601-04      Manufacturer Analysis Date: 06/01/2017  
Country of Origin: China      Analysis Date: 06/01/2020  
Retesting Date: 06/01/2023

Analysis	Claim	Result
Polyphenols	98.0%	101.7%
Catechins	≥75.0%	80.3%
EGCG	≥50.0%	57.8%

Test	Specification	Result
Appearance	Light brown to brown fine powder	Complies
Plant Part Used	Leaf	Complies
Heavy Metals	<10 ppm	Complies
Lead	<0.5 ppm	Complies
Arsenic	<0.5 ppm	Complies
Cadmium	<0.1 ppm	Complies
Mercury	<0.1 ppm	Complies
Total Plate Count	<1,000 CFU/g	<10 CFU/g
Yeast & Mold	<100 CFU/g	<10 CFU/g
Coliforms	<10 CFU/g	<10 CFU/g
E. Coli	Negative	Complies
Salmonella	Negative	Complies
Staphylococcus	Negative	Complies
Pseudomonas	Negative	Complies
Residual Pesticides	USP <561>	Complies
Caffeine	≤1.0%	0.5%

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



## Certificate of Analysis

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

### Sample Collected By: Client

Product Name	Green Tea Extract	Product Lot Number	170601-04
Report Date	06/01/20	Laboratory Number	20050247

Description	Method	Result
Total Polyphenols	UV-vis	101.7%
EGCG	HPLC	57.8%
Catechins	HPLC	80.3%
Lead	ICP-MS	0.093 ppm
Arsenic	ICP-MS	0.046 ppm
Cadmium	ICP-MS	0.001 ppm
Mercury	ICP-MS	<0.001 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Absent

EGCG and Catechins determined on the anhydrous basis.

Collin Thomas  
Laboratory Manager

06/01/2020  
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.

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



812 Meadowlark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8064

### Certificate of Analysis

Synaptent LLC  
660 W. Grand Avenue, Ste. 1 E,  
Chicago, IL 60654

Product Name	Green Tea	Product Lot Number	170601-04
Report Date	08/07/17	Laboratory Number	9029

Test	Method	Result
Total Polyphenols	UV-vis	98.68%
Catechins	CA-106 (HPLC)	79.7%
EGCG	CA-106 (HPLC)	55.0%
Lead	ICP-MS USP <730>	0.014 ppm
Arsenic	ICP-MS USP <730>	0.246 ppm
Cadmium	ICP-MS USP <730>	0.003 ppm
Mercury	ICP-MS USP <730>	0.002 ppm

Robert Newman *Rob N*  
QC Group Leader

08/07/2017 *8/7/17*  
Date

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## GREEN TEA EXTRACT



### Main Benefits

- Green Tea Extract contains a high concentration of flavonoids, polyphenols and catechins, some of nature's most powerful antioxidants.
- By eliminating harmful free-radicals and acting as a powerful anti-inflammatory, Green Tea Extract helps to support a healthy circulatory system.
- Research shows that Green Tea Extract may also be effective in supporting a healthy metabolism and promoting vitality.

### Main Cautions

- As a Green Tea Extract is a powerful and concentrated natural supplement, it is not recommended to exceed the suggested serving size.
- Larger serving sizes may have undesired effects on the liver, which is why it is recommended to use Green Tea Extract in split servings, two to three times per day.
- Side effects of large servings may include headache, sleep problems, nausea, irritability, heartburn, dizziness, and confusion.

### Usage Tips

- A 1.0cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **500 mg of Green Tea extract**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack Green Tea Extract with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Green Tea Extract are most effective when they are supported by a healthy diet and plenty of exercise.
- 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 Green Tea Extract are dependent on the amount taken, so use of a scale with 10mg/0.1g accuracy or better is highly recommended.
- Given the potency, Green Tea Extract can be very bitter and astringent. Use of capsules, tea, yogurt, apple sauce, or oatmeal may help with this.