



LIFTMODE  
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## CERTIFICATE OF ANALYSIS

### Oleamide

(Oleic acid amide)

Material Lot #: 0001264775      Manufacture Date: 07/12/2017  
Country of Origin: United Kingdom      Expiration Date: 07/12/2020

Analysis	Claim	Result
Total Fatty Acid Amide	≥98.0%	98.8%
Oleamide	≥40.0%	66.3%

Test	Specification	Result
Appearance	Small round pearl or powder	Complies
Melting Point	17-76° C	73.8° C
Amide Purity	≥98%	99.29.x%
Acid Value	≤0.8 mg KOH/g	0.27 KOH/g
Iodine Value	80-95 glz/100g	85.9 glz/100g
Color (hazen)	≤400	95
Moisture (wt%)	≤0.1	0.07

Oleamide should be **refrigerated** in a tightly sealed durable container.  
Oleamide should be protected from excess heat, direct sunlight, excess humidity and moisture.  
Oleamide has a stable shelf life of 2 years from the date of manufacture when properly stored.



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Product Name	Oleamide	Product Lot #	0001264775
Report Date	11/20/2017	Lab #	9441

Description	Test Method	Results
Total Fatty Acid Amide	HPLC	65.9%
Oleamide	HPLC	36.9%
Lead	ICP-MS USP<730>	0.002ppm
Arsenic	ICP-MS USP<730>	<0.001ppm
Cadmium	ICP-MS USP<730>	0.028ppm
Mercury	ICP-MS USP<730>	<0.001ppm
Total Plate Count	BioLumix	<100 CFU/g
Yeast and Mold	BioLumi	<100 CFU/g
Salmonella	BioLumi	Negative
Coliform	BioLumi	<10 CFU/g
<i>E. coli</i>	BioLumi	<10 CFU/g

Peter Yoho PhD  
QA Auditor

11/20/2017  
Date

11/20/17

# Oleamide



## Oleamide Background

Oleamide is a relatively new Nootropic that occurs naturally in animals and is produced in humans from Oleic Acid (from Olive oil) and ammonia. It has been seen to accumulate in the central nervous system (CNS) before sleep, producing calming and tranquilizing effects. It is naturally metabolized by an endogenous enzyme known as FAAH.

**Oleamide is associated with an increase in GABA signals (known to produce calming and sedating effects) as well as an increase in appetite.** At higher doses it may produce depression in locomotion (associated with effects on GABA neurotransmissions) and bring on restless sleep. Sleep latency (the time from wakefulness to sleep) is reduced at all doses. Oleamide is sometimes sold in powder form, and is also included in some cosmetics as oleamide DEA.

## Oleamide benefits / effects

### Calming

While the calming effects of oleamide are still being researched, preliminary studies on animals have shown strong support of healthy stress levels and mood increases, which look promising. Firstly, research has shown that oleamide is able to increase GABA signaling (specifically GABA<sub>A</sub> subtypes) without interfering with the GABA receptors. This is important because GABA is known to be the primary inhibitory neurotransmitter in the central nervous system and is associated with calming, anti-stress and pain relief effects. GABA<sub>A</sub> is specifically targeted in many tranquilizers and sedatives and an increase in GABA<sub>A</sub> activity is directly linked to calming effects.

Secondly, studies on rats have shown that oleamide is able to exert mood-lifting effects on animals in doses that are too low to create locomotive effects (5mg/kg bodyweight). The support of healthy stress levels and social calming effects of intravenous oleamide were seen to last for 30-60 minutes.

Thirdly, animal studies have shown the potential effects of large doses of oleamide (10mg/kg bodyweight) in treatment of depression. Animal studies showed greater results in tests designed to test for depression in mice and rats treated with intravenous oleamide. The mechanisms behind these effects are still being examined.

### Promotion of healthy sleep and memory

Recent research into the effects of oleamide in animals showed that intravenous doses resulted in a dose-dependent decrease in sleep latency (time to fall asleep), reduction in locomotion and a decrease in body temperature. With the onset of sleep, the research showed a depression in locomotion. This was shown to be reversible by using serotonin supplements, so that sleep would be induced without any apparent effects on locomotion ability. Human trials are still required, but searching online databases for reports, reviews and experiences seems to testify to the strength of this chemical to induce restful sleep.

Oleamide is known to enhance the signals of GABA (see above) through an unknown mechanism. Enhanced GABA function is associated with calming and promotion of sleep.

Many Nootropic chemicals that produce calming or sleep-aid effects target GABA receptors. This may also be a cause of the locomotive disruptions seen in animal tests. Alcohol is an example of a GABA<sub>A</sub> agonist (increases GABA transmissions) - as well as many sedatives and tranquilizers - and is associated with impaired locomotive function at higher doses.

Oleamide has been shown to be able to reduce the effects of long-term potentiation (LTP) which may be a causal agent in the development of diseases like Alzheimer's, depression and even epilepsy.

## Oleamide recommended dosage

Human studies on the effects of oleamide are still required and therefore doses are obtainable only through the experimentation of others. MSDS of oleamide provides no extra information. Online reviews appear to recommend oleamide doses of around 50-200mg, depending on the desired effect. Of course, these doses are dependent on a number of factors including personal sensitivity (weight, metabolism, etc). At low doses, oleamide is usually seen to produce effect that support a healthy mood; medium doses produce the same with added appetite increase as well as a possibility of a few psychoactive effects; and higher doses appear to induce the onset of sleep.

LiftMode allows you to buy 99% pure oleamide with a certificate of analysis.

## Oleamide side effects / warnings

The effects and side effects of oleamide have not been fully researched as yet and human studies are still required. Doses at those recommended do not appear to have any side effects on reviews online, but it is always a good idea to do a background check before deciding to purchase a supplement, especially if it is very new on the market. Allergic reactions may occur and some people may have a hypersensitivity to the effects. However, it can also be said that since oleamide accumulates naturally in the brain before sleep, side effects should be few (the body has a very efficient method of metabolizing excess oleamide - the FAAH enzyme destroys over-produced oleamide).

Oleamide is associated with a decline in locomotive function even at medium doses so users should not attempt to drive or to operate heavy machinery when under the influence.