



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

liftmode@liftmode.com
www.liftmode.com

CERTIFICATE OF ANALYSIS

Citicoline Sodium

(Cytidine 5'-diphosphocholine sodium salt dihydrate)

Material Lot #: 20161202 Manufacture Date: 12/05/2016
Country of Origin: China Testing Date: 04/19/2018
Retesting Date: 04/18/2021

Analysis	Claim	Result
Citicoline Sodium	≥98.0%	99.7%

Test	Specification	Result
Appearance	White crystalline powder	Conforms
Solubility	Meets the requirements	Conforms
Acidity	6.0-7.5	6.5
Related Substances	Meets the requirements	Conforms
Chloride	≤0.05%	Conforms
Ammonium Salt	≤0.05%	Conforms
Iron	≤0.01%	Conforms
Phosphate	≤0.1%	Conforms
Loss on Drying	≤2.0%	0.83%
Heavy Metals	≤5 ppm	Conforms
Lead	≤1 ppm	Conforms
Mercury	≤1 ppm	Conforms
Cadmium	≤1 ppm	Conforms
Arsenic	≤1 ppm	Conforms
Single Impurity	≤0.2%	0.0057%
Total Impurities	≤0.7%	0.0092%
Total Plate Count	≤1,000 cfu/g	9 cfu/g
Yeast & Mold	≤100 cfu/g	<10 cfu/g
E.coli	Not Detected	Conforms
Assay	≥98.0%	99.7%

Citicoline Sodium should be stored at or below room temperature in a tightly sealed durable container. Citicoline Sodium should be protected from excess heat, direct sunlight, excess humidity and moisture. Citicoline Sodium has a retesting of 3 years when properly stored.



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Product Name	Citicoline Sodium	Product Lot Number	20161202
Report Date	04/19/18	Laboratory Number	10106

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	CA-095 (HPLC)	100.3%
Lead	ICP-MS USP <730>	0.005 ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.012 ppm
Mercury	ICP-MS USP <730>	0.143 ppm

Collin Thomas *CT*
Laboratory Manager

04/19/2018 4/19/18
Date

Main Benefits

- When taken as a dietary supplement, Citicoline is best known for its effective benefits as a brain booster.
- Some cognitive enhancing effects of Citicoline may include support for a healthy brain learning capacity and memory.
- Citicoline has also proved to be effective in promoting a good mood while also maintaining enhanced attention and focus.

Main Cautions

- At normal serving sizes most people do not experience any negative side effects when taking Citicoline as a supplement.
- However at much larger sizes, possible adverse effects may include trouble sleeping, headache, diarrhea, low or high blood pressure, blurred vision, and chest pain.
- Consult with your doctor **before** taking Citicoline products if you are on any medication.

Usage Tips

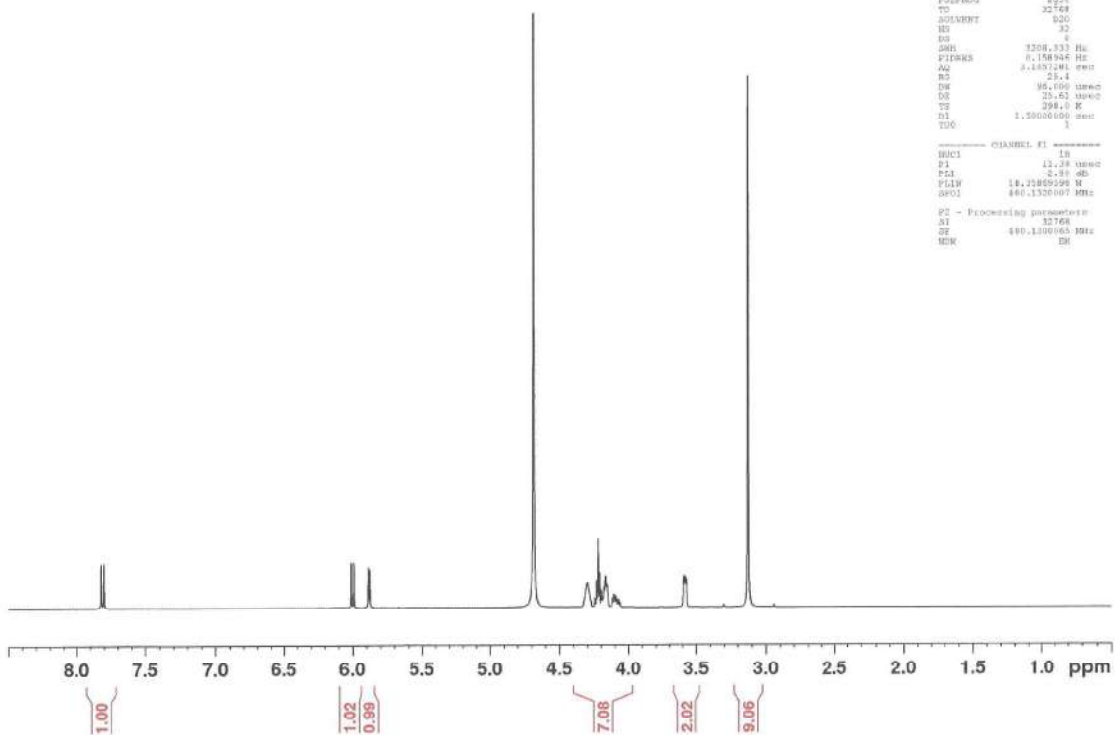
- A 1.0g measuring scoop is included. One level scoop from the small end contains approximately one serving, or approximately **500-900mg of Citicoline**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Citicoline are dependent on the amount taken, so 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 more palatable.

Usage Tips

- This supplement is not intended to treat, diagnose, prevent, or cure any disease. 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 Citicoline with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Citicoline are most effective when they are supported by a healthy diet and plenty of exercise.

CITICOLINE

¹H NMR of Citicoline Sodium
 in D₂O
 Lot #10106
 Colmaric Analytical
 400 Mhz
 4-13-18



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Current Data Parameters
NAME      Apr13-2018-citicolic
EXPNO    4
PROCNO   1

F2 - Acquisition Parameters
Date_    20181113
Time     13.59
CONTRAST 0.0000
PROCNO   1 ON FASED BB-
PULPROG  zgpg30
PC       32768
SOLVENT  D2O
SI       32
SF       400
AQ       1328.333 Hz
FIDRES   0.108948 Hz
AQ        1.1891291 sec
RG        256
DE        95.000 umax
DS        25.62 umax
TE        298.15 K
D1        1.5000000 sec
TD0       1

----- CHANNEL f1 -----
NUC1      1H
P1        12.38 umax
PC1        2.00 dB
PL1       18.12800000 MHz
SFO1      400.1320007 MHz

F2 - Processing parameters
SI       32768
SF       400.1320005 MHz
DE
  
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