



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

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## CERTIFICATE OF ANALYSIS

### Inositol (Cyclohexanehexol)

Material Lot #: 1712071  
Country of Origin: China

Analysis Date: 10/29/2020  
Retesting Date: 10/29/2023

Analysis	Claim	Result
Inositol	≥98%	100.9%

Test	Specification	Result
HNMR ID	Conforms	Conforms
HPLC Assay	≥98%	100.9%
ICP-MS		
Arsenic	≤1.5 ppm	<0.001 ppm
Lead	≤0.5 ppm	0.005 ppm
Cadmium	≤0.5 ppm	0.010 ppm
Mercury	≤0.5 ppm	0.018 ppm
Total Aerobic Count	<1000 cfu/g	Conforms
Yeast & Mold	<100 cfu/g	Conforms
Coliform	<10 cfu/g	Conforms
<i>E. coli</i>	Negative	Conforms
Salmonella	Negative	Conforms

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




## Certificate of Analysis


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

**Sample Collected By:** Client

Product Name	Inositol	Product Lot Number	1712071
Report Date	10/29/20	Laboratory Number	20101259

Description	Method	Specification	Results
Assay	HPLC	NLT 98%	100.9%
Total Aerobic Count	Biolumix	<1, 000 cfu/g	<1, 000 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g	<100 cfu/g
E. Coli	Biolumix	Absent	Absent
Coliform	Biolumix	<10 cfu/g	<10 cfu/g
Salmonella	Biolumix	Absent	Absent

Collin Thomas   
Laboratory Manager

10/29/2020   
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 Meadow Lark Lane, Godlettsville, TN 37072  
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Certificate of Analysis

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

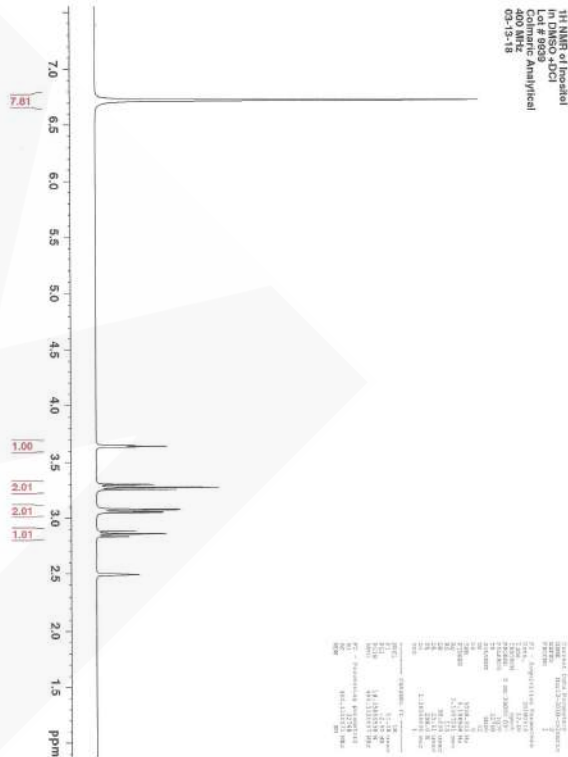
Product Name	Inositol	Product Lot Number	1712071
Report Date	03/16/18	Laboratory #	9939

Test	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	CA-069 (HPLC)	100.5%
Lead	ICP-MS USP <730>	0.005 ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.010 ppm
Mercury	ICP-MS USP <730>	0.018 ppm

Collin Thomas  
Laboratory Manager

03/16/2018 3/16/18  
Date

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## Main Benefits

- Myo-Inositol is a common molecule found in the glucose metabolic pathway and is responsible for regulating a wide range of bodily functions.
- Myo-Inositol supplements are effective in improving female vitality; helping to maintain healthy hormone and stress levels; and supporting healthy well-being.
- At higher doses, Myo-Inositol supplements have been found to be effective at producing a calm and relaxed mood.

## Main Cautions

- One of the greatest benefits of Myo-Inositol supplements are their apparent lack of adverse effects, when taken at the recommended serving size.
- At higher doses, rare side effects may include nausea, stomach pain, tiredness, headache, or dizziness
- In one study, extremely large servings were used (30 grams) and the adverse effects experienced by most people were mild gastrointestinal upset.

## Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000 mg of Inositol**. As a dietary supplement, take 1-3 servings 1-3 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack Inositol with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Inositol benefits 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 Inositol are dependent on the amount taken, so use of a scale with 10mg or 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 tolerable.

# INOSITOL

