



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

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CERTIFICATE OF ANALYSIS

L-Theanine (L- γ -glutamylethylamide)

Material Lot #: 20171109
Country of Origin: China

Manufacture Date: 11/09/2017
Expiration Date: 8/1/2021

Analysis	Claim	Result
L-Theanine	$\geq 99.0\%$	99.2%

Test	Specification	Result
Appearance	White crystalline powder	Complies
Specific rotation(a)D20 (C=1, H2O)	+7.7 to +8.5°	8.05°
Particle Size	90% through 20 mesh	Complies
Assay	98.0-102.0%	99.2%
Chloride	$\leq 0.02\%$	<0.02%
Heavy Metals	≤ 10 ppm	<10 ppm
Iron	≤ 10 ppm	<10 ppm
Lead	≤ 0.5 ppm	<0.5 ppm
Mercury	≤ 1 ppm	<1 ppm
Cadmium	≤ 1 ppm	<1 ppm
Arsenic	≤ 1 ppm	<1 ppm
Total Plate Count	<1,000 cfu/g	Complies
Yeast & Mold	<100 cfu/g	Complies
E.Coli	≤ 30 MPN/100h	Negative
Salmonella	Negative	Negative
S.aureus	Negative	Negative
Residue on Ignition	$\leq 0.2\%$	0.12%
PH	5.0-6.0	5.16

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

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Product Name	L-Theanine	Product Lot Number	20171109
Report Date	08/01/2018	Laboratory Number	10621

Description	Method	Result
Assay	HPLC	99.9 %
Lead	ICP-MS	0.006 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.002 ppm
Mercury	ICP-MS	0.042 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	<10 CFU/g
Salmonella	Biolumix	Negative
Coliform	Biolumix	<10 CFU/g

Michael Robil

Michael Robil
QA Auditor

08/01/18

08/01/2018
Date

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.
- Do not exceed the recommended serving size. This supplement may interact with medication. Please speak to your doctor if you have any underlying medical conditions.
- There is not yet enough data on use by pregnant or breast-feeding women to make a conclusion about safety for pregnant women.

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **200 mg 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, 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 tolerable.
- 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.

L-THEANINE

