

LIFTMODE

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

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CERTIFICATE OF ANALYSIS

Citric Acid (Anhydrous)

(2-hydroxypropane-1,2,3-tricarboxylic acid)

Material Lot #: 17113348 Manufacture Date: 11/18/2017
Country of Origin: China Re-Test Date: 11/21/2020

Analysis	Claim	Result
Citric Acid	≥99.5%	100.27%

Test	Specification	Result
Assay	≥99.5%	100.27%
Water	≤0.5%	0.15%
Heavy Metals	≤5 ppm	1 ppm
Oxalate	≤100 ppm	30 ppm
Sulphate	≤150 ppm	45 ppm
Calcium	≤20 ppm	5 ppm
Aluminum	≤0.2 ppm	0.15 ppm
Arsenic	≤1 ppm	0.1 ppm
Lead	≤0.5 ppm	0.2 ppm
Iron	≤50 ppm	1 ppm
Bacterial Endotoxins	≤0.5 I.U./mg	0.35 I.U./mg
Residue on Ignition	≤0.05%	0.04 ppm
Chloride	≤50 ppm	1 ppm
Sulphate Ash	≤0.05%	0.01%

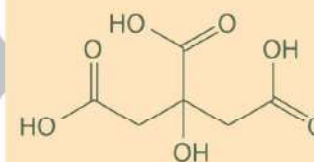
Citric Acid should be stored at or below room temperature in a tightly sealed durable container. Citric Acid should be protected from excess heat, direct sunlight, excess humidity and moisture. Citric Acid has a stable shelf life of 3 years from the date of manufacture when properly stored.

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Citric Acid



Main Benefits

- Citric Acid has been found to boost energy on a cellular level and increase the bioavailability of nutrient absorption (e.g. Magnesium).
- Citric Acid can also help protect and promote healthy kidneys.
- As a culinary additive, Citric Acid can help to increase the shelf-life of ingredients and enhance flavor.

Main Cautions

- Allergic reactions may occur in the form of skin irritation, so particular caution is advised.
- Excessive amounts of Citric Acid may result in upset stomach, nausea, and possibly teeth erosion. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **100mg of Citric Acid**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Citric Acid are dependent on the amount taken. 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 easier to tolerate.
- 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 Citric Acid with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Citric Acid are most effective when they are supported by a healthy diet and plenty of exercise.



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 Telephone: 615-239-8604

Certificate of Analysis

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

Product Name	Citric Acid	Product Lot Number	17113348
Report Date	07/30/2019	Laboratory Number	12354

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.5%
Lead	ICP-MS USP <730>	0.012 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.018 ppm
Mercury	ICP-MS USP <730>	0.005 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*
 Laboratory Manager

07/30/2019 7/30/19
 Date

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