

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

# LIFTMODE

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

liftmode@liftmode.com  
www.liftmode.com

## MANUFACTURE'S OF ANALYSIS

### Honokiol

(2-(4-hydroxy-3-prop-2-enyl-phenyl)- 4-prop-2-enyl-phenol)

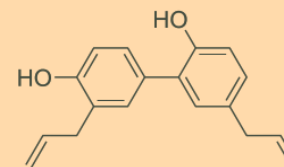
Material Lot #:	2013022201	Manufacture Date:	02/22/2013
Country of Origin:	United States	Test Date:	07/12/2019
		Re-Test Date:	07/15/2022

Analysis	Claim	Result
Honokiol	≥98.0%	99.7%

Test	Specification	Result
Assay	≥98.0%	99.7%
Loss on Drying	≤5.0%	0.15%
Ash Content	≤1.0%	0.02%
Heavy Metals	≤10ppm	Complies
Solvent Residues	Negative	Complies
Total Plate Count	≤10,000 cfu/g	Complies
Yeast & Mold	≤100 cfu/g	Complies

Honokiol should be stored at or below room temperature in a tightly sealed durable container. Honokiol should be protected from excess heat, direct sunlight, excess humidity and moisture. When stored properly; Honokiol should be retested 3 years from the date of manufacture (or last testing).

### Honokiol



#### Main Benefits

- Honokiol can be used to promote brain health, circulatory system healthy, anti-inflammation and a healthy mood.
- Studies indicate that Honokiol may also promote healthy levels of apoptosis while also promoting kidney health.
- Honokiol has also been found to be an effective antimicrobial and to promote oral health.

#### Main Cautions

- Excessive amounts of Honokiol may cause increased bleeding and can even lead to neurotoxicity.
- We strongly advise that you do not exceed the recommended serving size.
- 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 rounded scoop contains approximately one serving, or approximately **100mg of Honokiol**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- 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 Honokiol are dependent on the amount taken. Use of a scale with 10mg/0.01g accuracy or better is highly recommended.
- It is safe to stack Honokiol with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder easier to tolerate.
- The benefits of Honokiol are most effective when they are supported by a healthy diet and plenty of exercise.



Colmaric Analyticals, LLC

812 Meadow Lark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

Certificate of Analysis

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

Product Name	Honokiol 98%	Product Lot Number	13022201H
Report Date	07/12/19	Laboratory Number	12255

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.7%
Lead	ICP-MS USP <730>	0.022 ppm
Arsenic	ICP-MS USP <730>	0.106 ppm
Cadmium	ICP-MS USP <730>	0.005 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Neagtive
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*  
Laboratory Manager

07/12/2019 7/12/19  
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.

