



Certificate of Analysis

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

LiftMode

L-Theanine

L-γ-glutamylethylamide

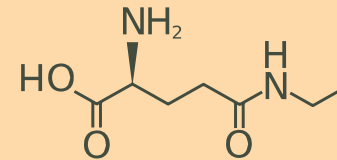
Material Lot #: 2019011201 Test Date: 03-29-2022
Country of Origin: China Re-Test Date: 03-26-2025

Analysis	Claim	Result
L-Theanine	≥99%	99.2%

Test	Specification	Result
L-Theanine (HPLC)	≥99%	%99.2
Lead	≤0.5ppm	0.0576 ppm
Mercury	≤0.5ppm	<0.005 ppm
Cadmium	≤0.5ppm	<0.005 ppm
Arsenic	≤0.5 ppm	<0.01 ppm
Total Aerobic Plate Count	<1000 cfu/g	<10 cfu/g
Yeast	<100 cfu/g	<10 cfu/g
Moulds	<100 cfu/g	<10 cfu/g
Escherichia coli	<10 cfu/g	<10 cfu/g
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

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 retesting period of 3 years from the date of analysis when properly stored.

L-Theanine



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.
- Use with caution. 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.
- Do not use if pregnant or breastfeeding.

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.



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Synapient

Quality Control Department (COA)
425 BARCLAY BOULEVARD
Lincolnshire, IL 60069

ANALYTICAL REPORT

AR-22-QH-017034-01

Client Code: QH0000902
PO#: 2019011201

Received On: 24Mar2022
Reported On: 31Mar2022

Synapient

Quality Control Department (COA)
425 BARCLAY BOULEVARD
Lincolnshire, IL 60069

ANALYTICAL REPORT

AR-22-QH-017034-01

Client Code: QH0000902
PO#: 2019011201

Received On: 24Mar2022
Reported On: 31Mar2022

Table with 4 columns: Eurofins Sample Code, Client Sample Code, Sample Description, Sample Registration Date, Condition Upon Receipt, Sample Reference.

Table with 5 columns: FS001 - Heavy Metals (As, Cd, Hg, and Pb), Reference, Accreditation, Completed, Sub.

Table with 2 columns: Parameter, Result. Parameters include Arsenic, Cadmium, Lead, Mercury.

Table with 4 columns: UM8VD - Total Coliforms - CMMEF Chapter 9.933, Reference, Accreditation, Completed.

Table with 2 columns: Parameter, Result. Parameter: Coliforms.

Table with 2 columns: Parameter, Result. Parameter: Escherichia coli.

Table with 4 columns: UMUTC - Salmonella species - AOAC-RI 121501, Reference, Accreditation, Completed.

Table with 2 columns: Parameter, Result. Parameter: Salmonella.

Table with 4 columns: UMHBM - Staphylococcus aureus - BAM Chapter 12, Reference, Accreditation, Completed.

Table with 2 columns: Parameter, Result. Parameter: Staphylococcus aureus.

Table with 4 columns: UMIB1 - Yeast - FDA BAM Chapter 18 mod., Reference, Accreditation, Completed.

Table with 2 columns: Parameter, Result.

Table with 4 columns: Eurofins Sample Code, Client Sample Code, Sample Description, Sample Registration Date, Condition Upon Receipt, Sample Reference.

Table with 4 columns: UMIB1 - Yeast - FDA BAM Chapter 18 mod., Reference, Accreditation, Completed.

Table with 4 columns: UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72, Reference, Accreditation, Completed.

Table with 2 columns: Parameter, Result. Parameter: Aerobic Plate Count.

Subcontracting partners:
1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

Handwritten signature: Anthony Bichler

Anthony Bichler
Operations Supervisor



Results shown in this report relate solely to the item submitted for analysis. [Any opinions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation, | All results are reported on an "As Received" basis unless otherwise stated, | Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. | All work done in accordance with Eurofins General Terms and Conditions of Sale: www.eurofins.com/terms_and_conditions.pdf | * Indicates a subcontract test to a different lab. Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.



S & N LABS

2021 E. Fourth Street Santa Ana, California 92705 (714) 543-2211

14 April 2022

Job Number: 25815a2
PO Number: verbal

Synapient LLC
47 W. Polk Street #100-241
Chicago, Illinois 60605

REPORT OF ANALYSIS

One small jar labeled "L-Theanine #2019011201" was received on 25 March 2022. The contents of the jar were analyzed for purity using high pressure liquid chromatography (HPLC). The detector was set to 195nm. The results are summarized in the table below.

Table with 2 columns: Sample, Chromatographic Purity (% area). Row: L-Theanine #2019011201, 99.2

Handwritten signature: Neil E. Spingarn
Neil E. Spingarn, Ph.D.
President

Chromatogram and Results

Table with 4 columns: Injection Name, Vial Number, Injection Type, Calibration Level, Instrument Method, Processing Method, Injection Date/Time, Run Time, Injection Volume, Channel, Wavelength, Bandwidth, Dilution Factor, Sample Weight.

Chromatogram

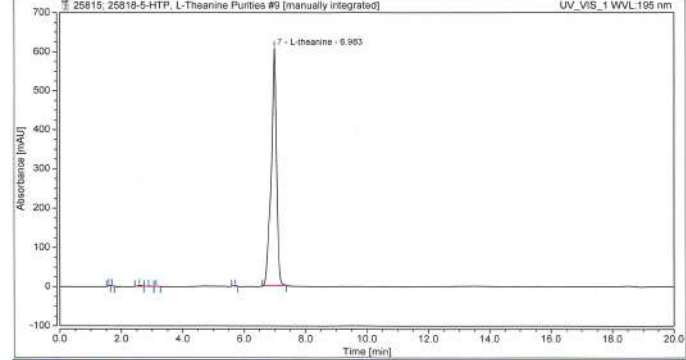


Table with 8 columns: No., Peak Name, Retention Time, Area, Height, Relative Area, Relative Height, Amount. Includes a Total row.