

LIFTMODE

LIFTMODE
47 W. Polk St. STE 100-241
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www.liftmode.com

CERTIFICATE OF ANALYSIS

NMN

Nicotinamide Mononucleotide

Material Lot #: 20190827-2 Manufacture Date: 07/15/2019
Country of Origin: China Re-Test Date: 07/15/2021

Analysis	Claim	Result
Nicotinamide Mononucleotide	≥98.0%	99.6%

Test	Specification	Result
Appearance	White to off-white crystalline powder	Complies
Water Content	≤5.0%	0.18%
Purity	≥98.0%	99.60%
Ethanol	≤2.0%	Complies
Heavy Metal		
Arsenic	≤1 ppm	Complies
Lead	≤1 ppm	Complies
Cadmium	≤1 ppm	Complies
Total Plate Count	≤750 cfu/g	Complies
Salmonella	≤2 MPN/g	Complies
E.Coli	Negative	Complies

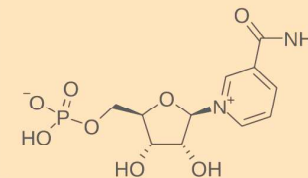
NNM should be stored at or below room temperature in a tightly sealed durable container.
NNM should be protected from excess heat, direct sunlight, excess humidity and moisture.
NNM has a stable shelf life of 2 years from the date of manufacture when properly stored.

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NMN (Nicotinamide Mononucleotide)



Main Benefits

- NMN is a precursor to NAD⁺ which is known to promote healthy cellular energy levels and hold powerfully regenerative properties.
- Studies also indicate that NMN can be used to boost glucose tolerance and improve the body's insulin production.
- NMN can also be used to sharpen cognitive function in the aging brain.

Main Cautions

- NMN has substantially less research & development than other similar NAD⁺ precursors (such as Nicotinamide Riboside). Particular caution is advised when using NMN as the risks of this supplement have not been fully determined.
- 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 NMN**. 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 NMN 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 NMN 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 NMN are most effective when they are supported by a healthy diet and plenty of exercise.

