

LIFTMODE

LIFTMODE
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CERTIFICATE OF ANALYSIS

NR

Nicotinamide Riboside

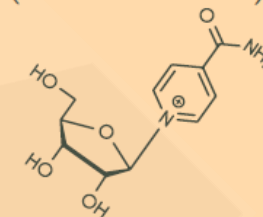
Material Lot #: 20190827-1 Manufacture Date: 01/25/2019
Country of Origin: China Expiration Date: 9/11/2022

Analysis	Claim	Result
Nicotinamide Riboside	≥98.0%	98.6%

Test	Specification	Result
Appearance	White to off-white powder	Complies
Water Content	≤0.5%	0.23%
Purity	≥98.0%	12.3%
Chloridion	11.2-13.2	Complies
Heavy Metal	≤10 ppm	Complies
Residue on Ignition	≤1 ppm	Complies
Residual Solvents	≤1 ppm	Complies
Cadmium	≤1 ppm	Complies

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

NR (Nicotinamide Riboside)



Main Benefits

- NR is a precursor to NAD+ and an alternative form of Niacin (Vitamin B3) which is known to promote healthy cellular energy levels and hold powerfully regenerative properties.
- Studies also indicate that NR can be used to repair damaged DNA and strengthen the cells.
- NR can also be used to stabilize the circadian rhythm.

Main Cautions

- NR is generally recognized as safe at the 250 mg serving size with very few (if any) adverse side effects. Human studies with NR servings up to 2,000 mg per day showed no harmful effects. However, we will strongly recommend 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. Two rounded scoops contains approximately one serving, or approximately **250mg of NR**. 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 NR 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 NR with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of NR are most effective when they are supported by a healthy diet and plenty of exercise.



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

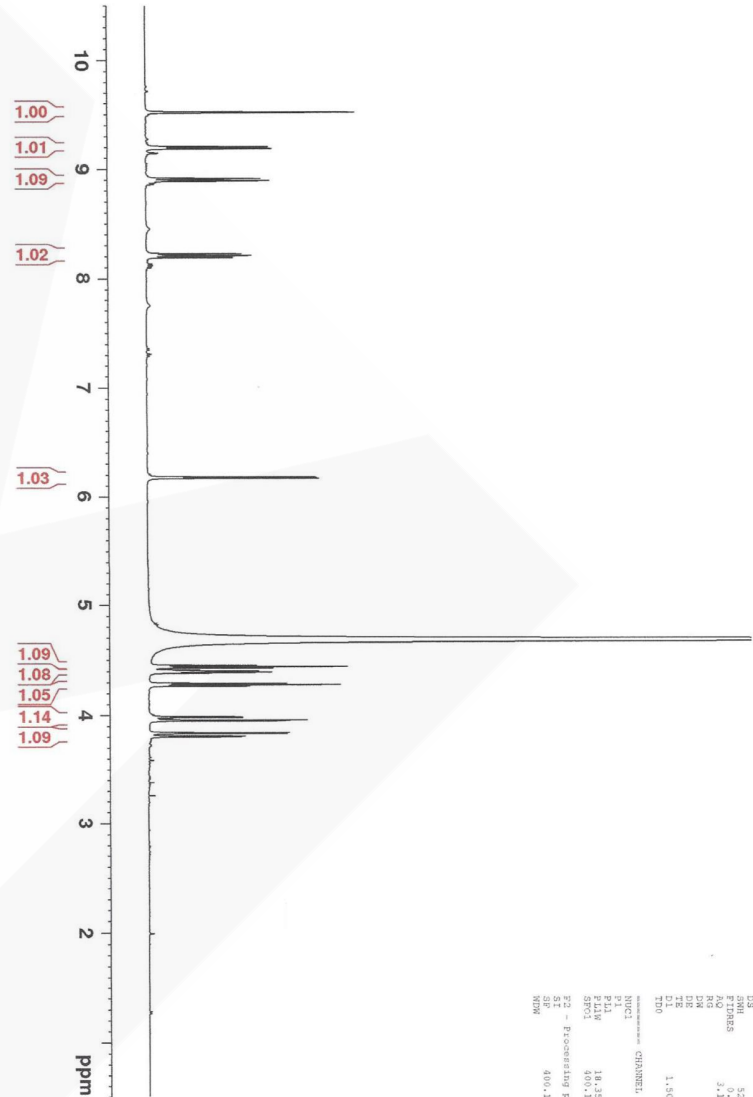
Product Name	Nicotinamide riboside chloride	Product Lot Number	20190827-1
Report Date	09/11/2019	Laboratory Number	12657

Description	Method	Result
Identification	H-NMR	Conforms to structure
Lead	ICP-MS USP <730>	1.938 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.007 ppm
Mercury	ICP-MS USP <730>	0.007 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*
Laboratory Manager

09/11/2019 9/11/19
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.



Current Data Parameters
EXNO 1
PROCNO 1
F2 - Acquisition Parameters
Date_ 20190930
Time_ 14:42:42
INSTRUM spect
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PULPROG zgpg30
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SFO 400.130007
AQ 32.000000
RG 1.000000
SI 32768
SF 400.130007
WDW EM
SS 1
F1 11.18 usec
F2 18.3566250 usec
SFO1 400.130007 MHz
F2 - Processing parameters
SI 32768
SF 400.130007 MHz
WDW EM

¹H NMR of Nicotinamide Riboside Chloride
in D₂O
lot # 12657
Colmaric Analyticals
08-30-19