

# LIFTMODE

LIFTMODE  
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Chicago, IL 60605

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## CERTIFICATE OF ANALYSIS

### 5-HTP

(5-Hydroxytryptophan)

Material Lot #: 200710  
Country of Origin: China

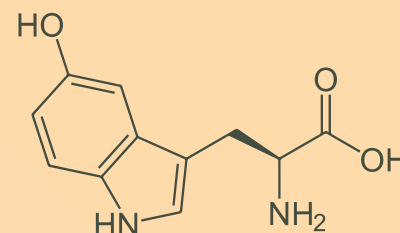
Analysis Date: 08/19/2020  
Retesting Date: 08/19/2023

Analysis	Claim	Result
5-HTP	≥98%	101.8%

Test	Specification	Result
H-NMR ID HPLC Assay	Conforms ≥98%	Conforms 101.8%
ICP-MS		
Arsenic	≤1.5 ppm	0.109 ppm
Lead	≤0.5 ppm	0.050 ppm
Cadmium	≤0.5 ppm	0.004 ppm
Mercury	≤0.5 ppm	<0.001 ppm
Total Aerobic Count	<1000 cfu/g	Conforms
Yeast & Mold	<100 cfu/g	Conforms
Coliform	<10 cfu/g	Conforms
<i>E. coli</i>	Negative	Conforms
Salmonella	Negative	Conforms

5-HTP should be stored at or below room temperature in a tightly sealed durable container.  
5-HTP should be protected from excess heat, direct sunlight, excess humidity, and moisture.  
5-HTP has a retesting period of 3 years from the date of analysis when properly stored.

## 5-HTP



### Main Benefits

- 5-HTP is a natural supplement, acting as a chemical precursor to serotonin to help improve mood.
- 5-HTP is well-known natural sleep aid, and helps to reduce the time taken to fall asleep by improving melatonin levels.
- In addition to promoting healthy sleep, 5-HTP reduces stress and supports a healthy metabolism.

### Main Cautions

- 5-HTP is considered to be a highly safe and effective natural dietary supplement, when taken at the recommended serving size.
- Side effects of larger servings may include upset stomach and nausea. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting your doctor if you are taking any medication or have any underlying medical conditions.

### Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **50mg of 5-HTP**. 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 5-HTP 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 5-HTP with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of 5-HTP are most effective when they are supported by a healthy diet and plenty of exercise.



# Certificate of Analysis

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

**Sample Collected By:** Client

Product Name	5-HTP	Product Lot Number	200710
Report Date	08/19/20	Laboratory Number	20080795

Description	Method	Result	Result
Identification	H-NMR	Conforms	Conforms
5-Hydroxy L-tryptophan	HPLC	NLT 98%	101.8%
Lead	ICP-MS	<1 ppm	0.050 ppm
Arsenic	ICP-MS	<1 ppm	0.109 ppm
Cadmium	ICP-MS	<1 ppm	0.004 ppm
Mercury	ICP-MS	<1 ppm	<0.001 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g	<1,000 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g	<100 cfu/g
E. Coli	Biolumix	Absent	Absent
Salmonella	Biolumix	Absent	Absent

Collin Thomas *CTM*  
 Laboratory Manager

08/19/2020 *8/19/20*  
 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.

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1H NMR of 5-HTP  
 in D2O/DCI  
 Lot #20080795  
 Colmaric Analytical  
 400 MHz

Current Data Parameters  
 NAME Aug11-2020-Clamric  
 PRECNO 1  
 F2 - Acquisition Parameters  
 Date\_ 20200811  
 Time\_ 11:28:58  
 INSTRUM 5 mm PABBO-250  
 PULPROG zgpg30  
 SOLVENT H2O  
 NS 32  
 DS 4  
 SWH 5000.323 MHz  
 FIDRES 0.1417281 Hz  
 AQC 3.1417281 sec  
 RG 96  
 ACQ 256 usec  
 DE 25.461 usec  
 TE 300.2 K  
 D1 1.50000000 sec  
 TD0 1  
 ===== CHANNEL f1 =====  
 NUC1 13C  
 P1 11.28 usec  
 PL1 0.00 usec  
 PL12 18.3960000 dB  
 PL13 18.3960000 dB  
 PL14 18.3960000 dB  
 SFO1 400.1320007 MHz  
 F2 - Processing parameters  
 SI 32  
 SF 400.1320005 MHz  
 GB 0  
 MEW EN

