



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

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## CERTIFICATE OF ANALYSIS

### Citicoline Sodium

(Cytidine 5'-diphosphocholine sodium salt dihydrate)

Material Lot #: 191115      Manufacture Date: 11/22/2019  
Country of Origin: China      Test Date: 12/09/2020  
Re-Test Date: 12/06/2023

Analysis	Claim	Result
Citicoline Sodium	≥98.0%	99.9%

Test	Specification	Result
Appearance	White crystalline powder	Conforms
Solubility	Meets the requirements	Conforms
Acidity	6.0-7.5	6.6
Related Substances	Meets the requirements	Conforms
Chloride	≤0.05%	Conforms
Ammonium Salt	≤0.05%	Conforms
Iron	≤0.01%	Conforms
Phosphate	≤0.1%	Conforms
Loss on Drying	≤2.0%	1.7%
Heavy Metals	≤5 ppm	Conforms
Lead	≤1 ppm	Conforms
Mercury	≤1 ppm	Conforms
Cadmium	≤1 ppm	Conforms
Arsenic	≤1 ppm	Conforms
Single Impurity	≤0.2%	0.003%
Total Impurities	≤0.7%	0.012%
Total Plate Count	≤1,000 cfu/g	Conforms
Yeast & Mold	≤100 cfu/g	Conforms
E.coli	Not Detected	Conforms
Assay	≥98.0%	99.9%

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



## Certificate of Analysis

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

**Sample Collected By:** Client

Product Name	Citicoline Sodium	Product Lot Number	191115
Report Date	12/09/20	Laboratory Number	20111449

Description	Method	Specification	Results
Identification	H-NMR	Conforms	Conforms
Lead	ICP-MS	<0.5 ppm	0.043 ppm
Arsenic	ICP-MS	<0.5 ppm	0.007 ppm
Cadmium	ICP-MS	<0.5 ppm	<0.001 ppm
Mercury	ICP-MS	<0.5 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	Negative	Negative
Coliform	Biolumix	<10 cfu/g	<10 cfu/g
Salmonella	Biolumix	Negative	Negative

Collin Thomas  
Laboratory Manager

12/09/2020  
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.

812 Meadow Lark Lane, Goodlettsville, TN 37072  
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# S & N LABS

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

4 December 2020

Job Number:	24558
PO Number:	verbal

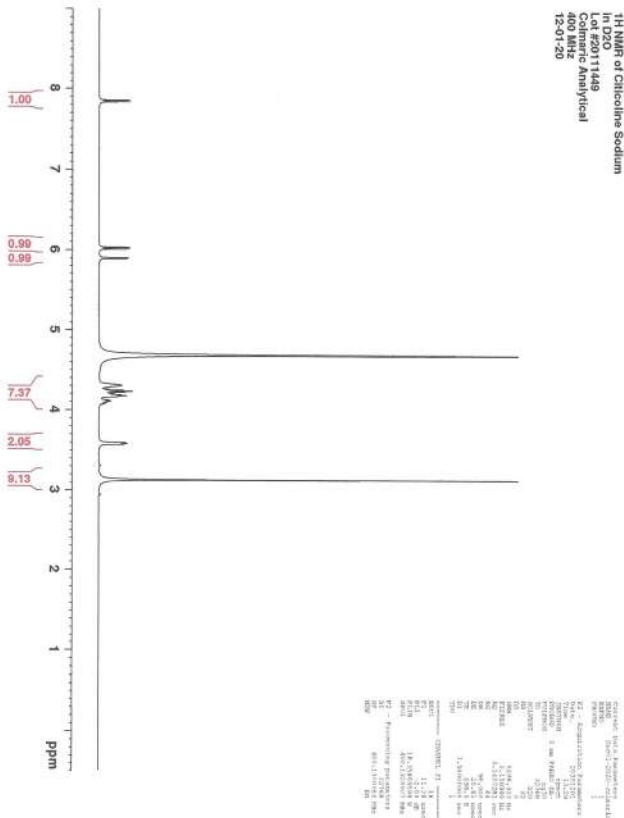
Synaptent LLC  
47 West Polk Street #100-241  
Chicago, Illinois 60605

## REPORT OF ANALYSIS

One sealed bag labeled "Citicoline Sodium #191115" was received on 1 December 2020. The powder in the bag was assayed for purity using high pressure liquid chromatography (HPLC) using UV detection at 282nm. The results are summarized in the table below.

Sample	Chromatographic Purity (% w/w)
Citicoline Sodium #191115	99.9

*Neil E. Spingarn*  
Neil E. Spingarn, Ph.D.  
President

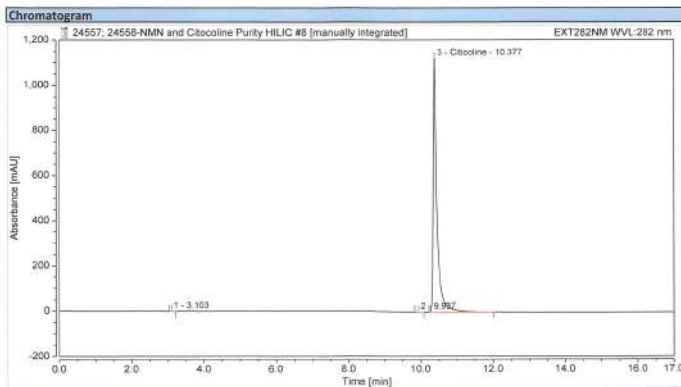


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1.00 (s, 3H) CH3
0.99 (s, 3H) CH3
0.98 (s, 3H) CH3
7.37 (s, 1H) NH
2.05 (s, 1H) OH
9.13 (s, 1H) OH
  
```

### Chromatogram and Results

Injection Details		Run Time (min)	20.00
Injection Name:	Citicoline Sodium; #191115; 500ppm	Injection Volume:	10.00
Vial Number:	RB3	Channel:	EXT282NM
Injection Type:	Unknown	Wavelength:	n.a.
Calibration Level:		Bandwidth:	n.a.
Instrument Method:	AD 250mm HILIC 20min	Dilution Factor:	1.0000
Processing Method:	Processing Method	Sample Weight:	1.0000
Injection Date/Time:	03/Dec/20 13:50		



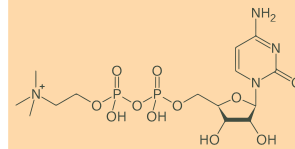
No.	Peak Name	Retention Time (min)	Area (mAU*min)	Height (mAU)	Relative Area (%)	Relative Height (%)	Amount
1		3.103	0.020	0.264	0.02	0.02	n.a.
2		9.937	0.040	0.425	0.03	0.04	n.a.
3	Citicoline	10.377	131.684	1124.902	99.95	99.94	n.a.
<b>Total:</b>			<b>131.744</b>	<b>1125.591</b>	<b>100.00</b>	<b>100.00</b>	

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## Citicoline



### Main Benefits

- Citicoline (CDP-Choline) is a naturally-occurring compound used in numerous biochemical pathways in the human body.
- Citicoline plays an important role in many biochemical systems in the human body. It is especially important as a methyl-group donor, a cofactor for a variety of enzyme systems, and for phospholipid synthesis.
- Anecdotally, it may have similar effects to other Nootropic compounds.

### Main Cautions

- Citicoline is considered possibly safe for use by most people when taken at the recommended serving size for up to 90 days.
- However at much larger sizes, possible adverse effects may include difficulty sleeping, headache, diarrhoea, high or low blood pressure, nausea, blurred vision and chest pain.
- Consult your physician before using Citicoline if you are taking any medication. Citicoline has not been tested for safety in pregnant or breastfeeding women.

### Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving of approximately **250mg of Citicoline**. As a dietary supplement, take 1-2 servings up to 3 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Citicoline are dependent on the amount taken, so use of a scale with 10mg/0.1g 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 Citicoline with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Citicoline are most effective when they are supported by a healthy diet and plenty of exercise.