



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

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## CERTIFICATE OF ANALYSIS

### Magnesium L-Threonate

Material Lot #: 201804003      Manufacture Date: 04/19/2018  
Country of Origin: China      Expiration Date: 09/11/2021

Analysis	Claim	Result
Magnesium L-Threonate	≥98.0%	98.43%


Test	Specification	Result
Appearance	White or off-white crystalline powder	Complies
Loss on Drying	≤1.0%	0.68%
PH	5.8~9.0	7.3
Magnesium (Mg) %	7.2%~8.3%	7.7%
Lead (Pb)	≤0.2ppm	Complies
Arsenic (As)	≤0.6ppm	Complies
Mercury (Hg)	≤0.25ppm	Complies
Total plate count	≤1,000 cfu/g	Complies
Coliforms	≤40 mpn/100g	Complies
Mold & Yeast	≤25 cfu/g	Complies
Pathogenic bacteria	Negative	Complies
Assay	98.0%~102.0%	98.43%

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



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### MAGNESIUM L-THREONATE

$$\left[ \text{Mg}^{2+} \right] \left[ \begin{array}{c} \text{O} \\ \parallel \\ \text{O} - \text{C} - \text{CH}(\text{OH}) - \text{CH}(\text{OH}) - \text{CH}_2\text{OH} \\ | \\ \text{OH} \end{array} \right]_2$$

#### Main Benefits

- Magnesium L-Threonate is a powerful enhancer of the activation of nerve channels that are vital to the process of learning and memory
- Magnesium L-Threonate can also help maintain healthy blood pressure and promote healthy emotional wellbeing.
- As a dietary supplement, Magnesium L-Threonate has also been used to combat the inactivity of synapses within the aging brain.

#### Main Cautions

- Magnesium L-Threonate can cause drowsiness, so it is best taken in the evening and to not use prior to operating heavy equipment. In its excess, Magnesium L-Threonate may also cause dizziness or headaches.
- **Do not exceed the recommended serving size** for this supplement. Magnesium L-Threonate may interact with other medications.
- Consult your physician before using Magnesium L-Threonate if you are taking any medication.

#### Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **800mg of Magnesium L-Threonate**. As a dietary supplement, take 1-2 servings up to 2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Magnesium L-Threonate are dependent on the amount taken, so use of a scale with 10mg/0.01g accuracy is recommended for reliable measurement.
- 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 Magnesium L-Threonate with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Magnesium L-Threonate are most effective when they are supported by a healthy diet and plenty of exercise.



Colmaric Analyticals, LLC

812 Meadowlark Lane, Goodlettsville, TN 37072  
 Telephone: 615-239-8604

**Certificate of Analysis**

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

Product Name	Magnesium L-Threonate	Product Lot Number	201804003
Report Date	09/11/2018	Laboratory Number	10809

Description	Method	Result
Identification	<sup>1</sup> H-NMR	Conforms
Assay	Titration	101.8 %
Lead	ICP-MS	0.602 ppm
Arsenic	ICP-MS	1.401 ppm
Cadmium	ICP-MS	0.034 ppm
Mercury	ICP-MS	0.019 ppm
Total Aerobic Count	Biolumix	<1000 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<100 CFU/g
Salmonella	Biolumix	Absent

Note: Total aerobic count > 100 CFU/g, Coliform > 10 CFU/g.

*Michael Robil*

Michael Robil  
 QA Auditor

09/11/18

09/11/2018  
 Date

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Current Data Parameters  
 REPORT: 4  
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