# LIFTMODE

LIFTMODE 47 W. Polk St. STE 100-241 Chicago, IL 60605 liftmode@liftmode.com www.liftmode.com

## **CERTIFICATE OF ANALYSIS**

# Magnesium L-Threonate

Material Lot #:201910115Manufacture Date:10/24/2019Country of Origin:ChinaExpiration Date:03/11/2023

Analysis Claim Result

Magnesium L-Threonate ≥98.0% 98.8%

White or off-white crystalline powder $\leq$ 1.0% 5.8~9.0	Complies 0. 1% 6.4
≤1.0%	0.1%
5.8~9.0	6.4
	0.4
7.2%~8.3%	7.7%
≤0.2ppm	Complies
≤0.6ppm	Complies
≤0.25ppm	Complies
≤1,000 cfu/g	Complies
≤40 mpn/100g	Complies
≤25 cfu/g	Complies
Negative	Complies
98.0%~102.0%	98.8%
	≤0.2ppm ≤0.6ppm ≤0.25ppm ≤1,000 cfu/g ≤40 mpn/100g ≤25 cfu/g Negative

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

### Main Benefits

- Magnesium L-Threonate is a poweful 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 I-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 I-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 senving. approximately 800mg of Magnesium I-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/001g 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.



#### 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	Magnesium L-Threonate	Product Lot Number	201910115
Report Date	03/14/20	Laboratory Number	13760

Description	Method	Result
Identification	H-NMR	Conforms
Assay	Titration	98.8%
Lead	ICP-MS	0.015 ppm
Arsenic	ICP-MS	0.040 ppm
Cadmium	ICP-MS	0.007 ppm
Mercury	ICP-MS	<0.001 ppm
Total Aerobic Count	Biolumix	<1,000 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. coli	Biolumix	Absent
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Absent

Collin Thomas Colle-Laboratory Manager

03/14/2020 3/14/20 Date

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