



LIFTMODE  
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## CERTIFICATE OF ANALYSIS

### Magnesium L-Threonate

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

Analysis	Claim	Result
Magnesium L-Threonate	≥98.0%	98.8%


Test	Specification	Result
Appearance	White or off-white crystalline powder	Complies
Loss on Drying	≤1.0%	0.1%
PH	5.8~9.0	6.4
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%	98.8%

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 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.

