



LIFTMODE
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CERTIFICATE OF ANALYSIS



812 Meadowlark Lane, Goodlettsville, TN 37072
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Certificate of Analysis

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

Product Name	Melatonin	Product Lot Number	171203
Report Date	11/20/2018	Laboratory Number	11116

Description	Method	Result
Identification	1H NMR	Conforms
Assay	HPLC	99.4 %
Lead	ICP-MS	0.028 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.003 ppm
Mercury	ICP-MS	0.028 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Absent

Michael Rebil
Michael Rebil
QA Auditor

11/20/18
11/20/2018
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.


Main Benefits

- Melatonin is the body's natural "sleep-hormone" and helps to regulate the circadian rhythm. It is produced in response to changes in the dark-light cycle.
- Melatonin has the ability to help improve the quality of sleep and to reduce the time taken to fall asleep.
- Apart from being an endogenous natural sleep-aid, Melatonin supplements are also powerful antioxidants and help to promote a healthy circulatory system.

Main Cautions

- In research studies, serving sizes of up to 500mg have not produced any reportable adverse effects.
- It is not recommended to exceed the serving size for Melatonin. Tolerance may occur after continuous use.
- Please consult your doctor before using Melatonin supplements if you have any medical conditions, are pregnant or breast-feeding, or are using any prescription medications.

MELATONIN



Usage Tips

- A double sided measuring scoop is included. One level scoop from the small end contains approximately one serving, or approximately **3mg of Melatonin**. As a dietary supplement, take 1 serving 30 minutes prior to desired sleep. Start at the lower suggested quantity to assess response.
- The negative effects of Melatonin are dependent on the amount taken, so 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 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 Melatonin with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Melatonin are most effective when they are supported by a healthy diet and plenty of exercise.



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Melatonin

(N-acetyl-5-methoxy tryptamine)

Material Lot #: 171203
Country of Origin: China

Manufacture Date: 12/19/2017
Expiration Date: 12/18/2020

Analysis	Claim	Result
Melatonin	≥99.0%	99.56%

Test	Specification	Result
Appearance	Off-white powder	Complies
Odor	Characteristic	Complies
Identification	IR spectrum	Complies
Assay	≥99.0%	99.56%
Residue on Ignition	≤0.1%	0.07%
Loss on Drying	≤0.5%	0.27%
Melting Point	117-120°C	118.0-118.4°C
Bulk Density	≥0.3	0.43g/ml
Ethyl Acetate	≤0.3%	Not Detected
Sulfated Ash	≤0.2%	<0.7%
Heavy Metals		Complies
Arsenic	≤10 ppm	Complies
Lead	≤2 ppm	Complies
Cadmium	≤2 ppm	Complies
Mercury	≤0.3 ppm	Complies
Chromium	≤0.2 ppm	Complies
Chromium	≤12 ppm	Complies
Total Plate Count	≤1,000 cfu/g	Complies
Yeast & Mold	≤100 cfu/g	Complies
Coliform	≤100 cfu/g	Complies
E.Coli	Negative	Complies
Salmonella	Negative	Complies

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

1H NMR of Melatonin
in DMSO
Lot #11116
Colmaric Analytical
400 MHz
11-14-18

```
===== melatonin =====  
Date_ 11-14-18  
Time 11:11:11  
F1 400.1363000  
F2 100.6261000  
F3 62.8150000  
F4 62.8150000  
SOLVENT  
NAME DMSO  
P1 1.00  
P2 1.00  
P3 1.00  
P4 1.00  
===== melatonin =====  
Date_ 11-14-18  
Time 11:11:11  
F1 400.1363000  
F2 100.6261000  
F3 62.8150000  
F4 62.8150000  
SOLVENT  
NAME DMSO  
P1 1.00  
P2 1.00  
P3 1.00  
P4 1.00
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