

# LIFTMODE

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

liftmode@liftmode.com  
liftmode.com

## CERTIFICATE OF ANALYSIS

### Calcium Ascorbate (Vitamin C)

Material Lot #: 31903901      Manufacturer Analysis Date: 03/10/2019  
Country of Origin: China      Analysis Date: 04/09/2020  
Retesting Date: 04/09/2023

Analysis	Claim	Result
Calcium Ascorbate	≥99%	99.6%

Test	Specification	Result
HNMR ID	Conforms	Conforms
Titration Assay	≥99%	99.6%
ICP-MS		
Arsenic	≤1.5 ppm	<0.001 ppm
Lead	≤0.5 ppm	0.004 ppm
Cadmium	≤0.5 ppm	0.001 ppm
Mercury	≤0.5 ppm	<0.001 ppm
Total Aerobic Count	<1000 cfu/g	Conforms
Yeast & Mold	<100 cfu/g	Conforms
Coliform	<10 cfu/g	Conforms
<i>E. coli</i>	Negative	Conforms
Salmonella	Negative	Conforms

Calcium Ascorbate should be stored at or below room temperature in a tightly sealed durable container.  
Calcium Ascorbate should be protected from excess heat, direct sunlight, excess humidity, and moisture.  
Calcium Ascorbate has a retesting period of 3 years from the date of analysis when properly stored.

## Calcium Ascorbate

[O-]C(O)C(O)C(O)C(=O)O.[Ca+2]

### Main Benefits

- **Calcium Ascorbate**, also known as "Buffered Vitamin C" is a non-acidic form of Vitamin C and functions as a Calcium supplement as well. Unlike Ascorbic Acid, much higher doses of **Calcium Ascorbate** are tolerable without gastrointestinal distress.
- **Vitamin C** is an important vitamin that the human body can not synthesize itself, and a deficiency may lead to an ulcerous disease called Scurvy.
- **Calcium Ascorbate** may also reduce inflammation, promote immune function, and help bone health.

### Main Cautions

- Calcium and Vitamin C are both essential nutrients and are well tolerated at reasonable doses. Buffered Vitamin C provides the benefits of Ascorbic Acid without increasing stomach pH.
- Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.

### Usage Tips

- A 1cc (1/5th teaspoon) measuring scoop is included. One level scoop contains one serving of approximately **1000mg Calcium Ascorbate**. As a dietary supplement, take 1 serving once per day. Start at the lower suggested quantity to assess response.
- **Calcium Ascorbate** is made up of roughly 90% Vitamin C and 10% Calcium. A serving of 1000mg **Calcium Ascorbate** provides approximately **1000% the RDI of Vitamin C** and 10% the RDI of Calcium.
- The benefits of **Calcium Ascorbate** are most effective when they are supported by a healthy diet and plenty of exercise.
- This dietary 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 **Calcium Ascorbate** with other supplements as long as the amount consumed does not exceed the suggested serving size.



# Certificate of Analysis

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

**Sample Collected By:** Client

Product Name	Calcium Ascorbate	Product Lot Number	31903901
Report Date	04/09/20	Laboratory Number	20030034

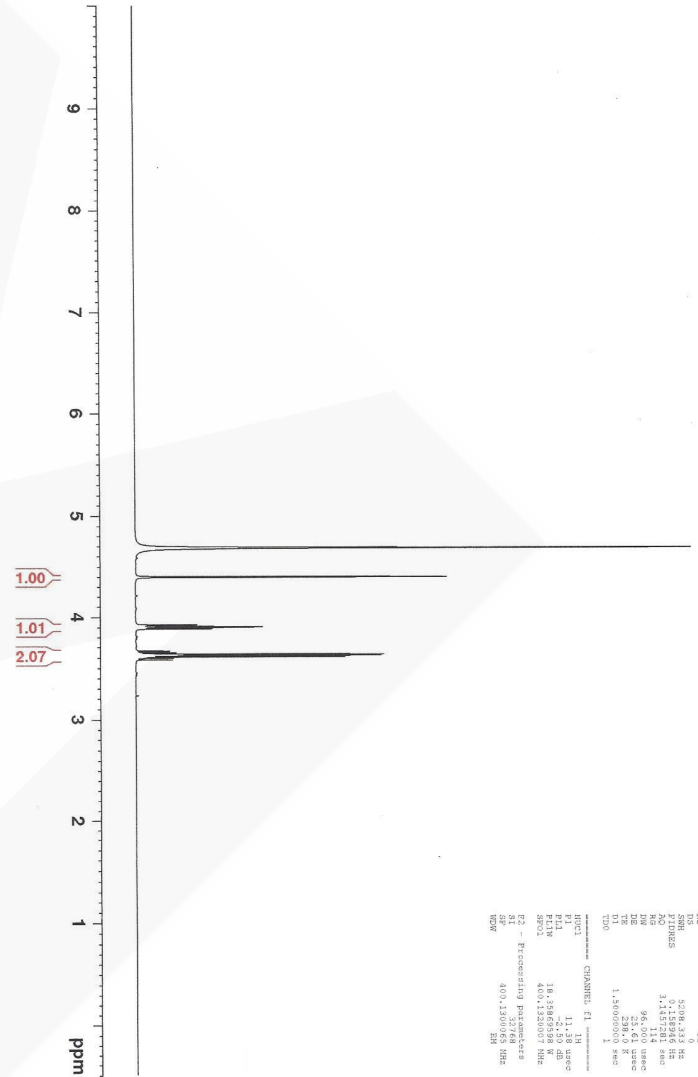
Description	Method	Result
Identification	H-NMR	Conforms
Assay	USP Titration	99.6%
Lead	ICP-MS	0.004 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.001 ppm
Mercury	ICP-MS	<0.001 ppm
Total Aerobic Count	Biolumix	<1,000 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Absent

Collin Thomas *CM*  
 Laboratory Manager

04/09/2020 *4/9/20*  
 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  
 Tel: 615-239-8604



1H NMR of Calcium Ascorbate  
 In D2O  
 Lot #20030034  
 Colmaric Analytical  
 400 MHz  
 04-03-20

Current Data Parameters  
 Name: Rep3-2020-03-Lactic  
 PricNo: 1  
 F2 - Acquisition Parameters  
 Date\_: 20200403  
 Time: 11:13:58  
 INSTRUM: spect  
 PULPROG: zgpg30  
 FIDRES: 0.0001500  
 TOUAVRG: 32.000  
 NS: 32  
 DS: 4  
 SWH: 5209.333 Hz  
 F2: 400.125000 MHz  
 AQ: 1.145781 sec  
 SFO1: 400.125007 MHz  
 H0: 90.114  
 DE: 23.44  
 TE: 300.2  
 D1: 1.5000000 sec  
 T1: 1  
 T2: 1  
 T3: 1  
 T4: 1  
 T5: 1  
 T6: 1  
 T7: 1  
 T8: 1  
 T9: 1  
 T10: 1  
 ===== CHANNEL f1 =====  
 Name: f1  
 Freq: 11.13 MHz  
 P1: 1.00  
 PL1: 18.1300000 dB  
 SFO1: 400.125007 MHz  
 F2 - Processing parameters  
 SI: 32  
 SF: 400.125005 MHz  
 EQ: 1