

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

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CERTIFICATE OF ANALYSIS

Citicoline Sodium

(Cytidine 5-diphosphocholine sodium salt dihydrate)

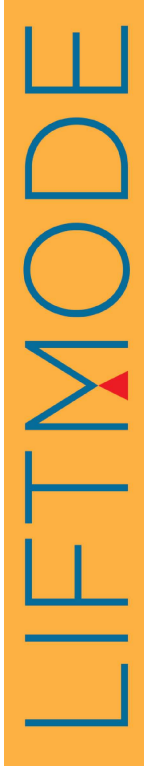
Material Lot #: 20161202 Manufacture Date: 12/05/2016
Country of Origin: China Testing Date: 04/19/2018
Retesting Date: 04/18/2021

Analysis **Claim** **Result**

Citicoline Sodium $\geq 98.0\%$ 99.7%

Test	Specification	Result
Appearance	White crystalline powder	Conforms
Solubility	Meets the requirements	Conforms
Acidity	6.0-7.5	6.5
Related Substances	Meets the requirements	Conforms
Chloride	$\leq 0.05\%$	Conforms
Ammonium Salt	$\leq 0.05\%$	Conforms
Iron	$\leq 0.01\%$	Conforms
Phosphate	$\leq 0.1\%$	Conforms
Loss on Drying	$\leq 2.0\%$	0.83%
Heavy Metals	≤ 5 ppm	Conforms
Lead	≤ 1 ppm	Conforms
Mercury	≤ 1 ppm	Conforms
Cadmium	≤ 1 ppm	Conforms
Arsenic	≤ 1 ppm	Conforms
Single Impurity	$\leq 0.2\%$	0.0057%
Total Impurities	$\leq 0.7\%$	0.0092%
Total Plate Count	$\leq 1,000$ cfu/g	9 cfu/g
Yeast & Mold	≤ 100 cfu/g	< 10 cfu/g
E.coli	Not Detected	Conforms
Assay	$\geq 98.0\%$	99.7%

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



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Product Name	Citicoline Sodium	Product Lot Number	20161202
Report Date	04/19/18	Laboratory Number	10106

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	CA-095 (HPLC)	100.3%
Lead	ICP-MS USP <730>	0.005 ppm
Arsenic	ICP-MS USP <730>	<0.001 ppm
Cadmium	ICP-MS USP <730>	0.012 ppm
Mercury	ICP-MS USP <730>	0.143 ppm

Collin Thomas
Laboratory Manager

04/19/2018 4/19/18
Date

CITICOLINE

Main Benefits

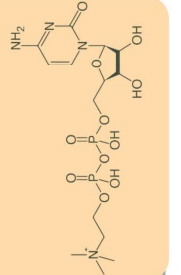
- When taken as a dietary supplement, Citicoline is well known for its effective benefits as it can boost mental cognition for a healthy brain, supporting memory.
- Citicoline has also proved to be effective in promoting a good mood while also maintaining enhanced attention and focus.

Main Cautions

- As with any supplement, Citicoline may cause some side effects when taken as a supplement.
- However, at much larger sizes, possible adverse effects may include: indigestion, headache, and chest pain.
- Consult with your doctor before taking Citicoline products if you are on any medication.

Usage Tips

- A 1.0g measuring scoop is included. One level scoop from the small end container approximately equals 1.0g of Citicoline. As a dietary supplement, take 2 servings 3 times per day. Start with the lower amount and increase as needed.
- The negative effects of Citicoline are dependent on the amount taken, so use of a scale with the amount, quantity or better, a highly recommended.
- Use of capsules, or mixing with tea, yogurt, apple juice, or other beverages supported by healthy diet and plenty of exercise.



1H NMR of Citicoline Sodium
in D2O
Lot #10106
Colmaric Analytical
400 Mhz
4-13-18

