



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

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CERTIFICATE OF ANALYSIS

Citric Acid (Anhydrous)

(2-hydroxypropane-1,2,3-tricarboxylic acid)

Material Lot #: 17113348 Analysis Date: 07/30/2019
Country of Origin: China Retest Date: 07/30/2022

Analysis	Claim	Result
Citric Acid	≥99.5%	100.27%

Test	Specification	Result
Assay	≥99.5%	100.27%
Water	≤0.5%	0.15%
Heavy Metals	≤5 ppm	1 ppm
Oxalate	≤100 ppm	30 ppm
Sulphate	≤150 ppm	45 ppm
Calcium	≤20 ppm	5 ppm
Aluminum	≤0.2 ppm	0.15 ppm
Arsenic	≤1 ppm	0.1 ppm
Lead	≤0.5 ppm	0.2 ppm
Iron	≤50 ppm	1 ppm
Bacterial Endotoxins	≤0.5 I.U./mg	0.35 I.U./mg
Residue on Ignition	≤0.05%	0.04 ppm
Chloride	≤50 ppm	1 ppm
Sulphate Ash	≤0.05%	0.01%

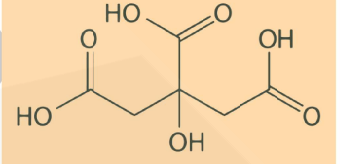
Citric Acid should be stored at or below room temperature in a tightly sealed durable container. Citric Acid should be protected from excess heat, direct sunlight, excess humidity and moisture. Citric Acid has a stable shelf life of 3 years from the date of manufacture when properly stored.



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Citric Acid



Main Benefits

- Citric Acid has been found to boost energy on a cellular level and increase the bioavailability of nutrient absorption (e.g. Magnesium).
- Citric Acid can also help protect and promote healthy kidneys.
- As a culinary additive, Citric Acid can help to increase the shelf-life of ingredients and enhance flavor.

Main Cautions

- Allergic reactions may occur in the form of skin irritation, so particular caution is advised.
- Excessive amounts of Citric Acid may result in upset stomach, nausea, and possibly teeth erosion. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition.

Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **100mg of Citric Acid**. As a dietary supplement, take 1 serving 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Citric Acid are dependent on the amount taken. 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 easier to tolerate.
- 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 Citric Acid with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Citric Acid 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

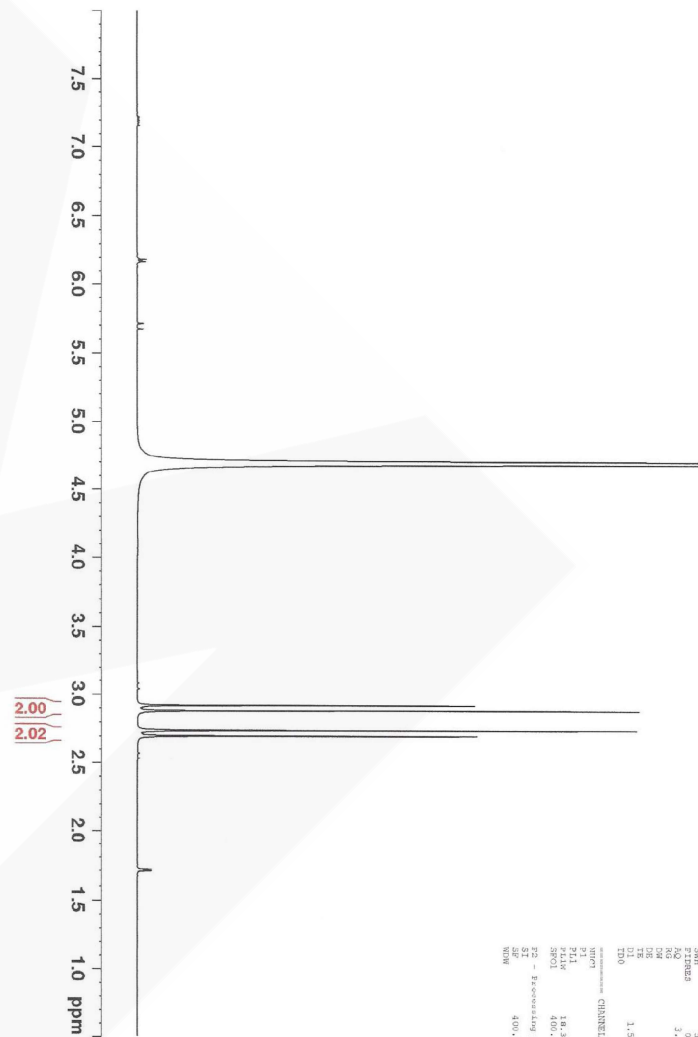
Product Name	Citric Acid	Product Lot Number	17113348
Report Date	07/30/2019	Laboratory Number	12354

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	99.5%
Lead	ICP-MS USP <730>	0.012 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.018 ppm
Mercury	ICP-MS USP <730>	0.005 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	<10 cfu/g
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*
 Laboratory Manager

07/30/2019 7/30/19
 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.



¹H NMR of Citric Acid
 In D2O
 Lot # 12354
 Colmaric Analytical
 400 MHz
 07-26-19

Current Data Parameters
 EXNO 0124201900304645
 PROCNO 1
 F2 - Acquisition Parameters
 Date_ 20190730
 Time 11:48
 INSTRUM 5 mm BBO spect
 PULPROG zgpg30
 FIDRES 0.242
 AQ 3.200
 SFO 400.1426100 MHz
 CQ 3200
 NS 12
 DS 4
 SWH 3529.232 Hz
 FWHM 24.51 Hz
 AQ 3.200 sec
 RG 327.5 Hz
 HE 214.61 Hz
 DE 1.5600000 sec
 TD 1
 F2 - Processing parameters
 SI 327.5
 SF 400.1426100 MHz
 WDM