



# Certificate of Analysis

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LiftNode

## GABA

$\gamma$ -Aminobutyric Acid

Material Lot #: 20210320 Test Date: 10-18-2021  
Country of Origin: China Re-Test Date: 10-15-2024

Analysis	Claim	Result
GABA	≥98%	99.6%

Test	Specification	Result
GABA(HPLC)	≥98%	99.6%
Lead	≤0.5ppm	<0.005ppm
Mercury	≤0.5ppm	<0.005ppm
Cadmium	≤0.5ppm	<0.005ppm
Arsenic	≤0.5 ppm	<0.01ppm
<b>Total Aerobic Plate Count</b>	<b>&lt;1000 cfu/g</b>	<b>&lt;10 cfu/g</b>
Yeast	<100 cfu/g	<10 cfu/g
Moulds	<100 cfu/g	10 (est) cfu/g
Escherichia coli	<10 cfu/g	<10 cfu/g
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

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

## GABA



### Main Benefits

- As a natural hormone and neurotransmitter, GABA's role is to reduce signals from the Central Nervous System, resulting in relaxation and calming effects.
- GABA supplements are known for their ability to reduce stress, help support a healthy mood, and to promote restful sleep.
- Many stress-reducing compounds target GABA receptors because of their well-documented ability to promote a calm state of mind.

### Main Cautions

- GABA is a natural hormone and the body has a several highly effective mechanisms to eliminate excess levels of GABA. Side effects are very rare.
- Side effects from large serving sizes may include dizziness, headaches, sweating, shortness of breath, increased heart rate, and anxiety.
- Do not use GABA supplements if you are taking any GABA-agonist medication. GABA may interact with alcohol. Before using GABA, speak to your doctor if you have any underlying medical conditions.

### Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000 mg of GABA** As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack GABA with other supplements so long as the amount consumed does not exceed the suggested serving size.
- The benefits of GABA are most effective when they are supported by a healthy diet and plenty of exercise.
- 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.
- The negative effects of GABA are dependent on the amount taken, so use of a scale with 10mg/0.1g 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.

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**ANALYTICAL REPORT**  
AR-21-QH-055978-01

Client Code: QH0000902  
PO#: 20210320  
Received On: 08Oct2021  
Reported On: 14Oct2021

<b>Eurofins Sample Code:</b> 477-2021-10080474		<b>Sample Registration Date:</b> 08Oct2021	
<b>Client Sample Code:</b> Gaba 20210320		<b>Condition Upon Receipt:</b> acceptable, 20.6°C	
<b>Sample Description:</b> Gaba Lot# 20210320		<b>Sample Reference:</b> 20210320	
<b>FS001 - Heavy Metals (As, Cd, Hg, and Pb)</b>	<b>Reference</b> AOAC 2011.19 and 993.14 (modified)	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 32918.01	<b>Completed</b> 14Oct2021
<b>Parameter</b>	<b>Result</b>		
Arsenic	<10.0 ppb		
Cadmium	<5.00 ppb		
Lead	<5.00 ppb		
Mercury	<5.00 ppb		
<b>UM&amp;VD - Total Coliforms - CMMEF Chapter 9.933</b>	<b>Reference</b> CMMEF Chapter 9.933	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07	<b>Completed</b> 10Oct2021
<b>Parameter</b>	<b>Result</b>		
Coliforms	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Escherichia coli	< 10 cfu/g		
<b>UMDTC - Salmonella species - AOAC-RI 121501</b>	<b>Reference</b> AOAC-RI 121501	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07	<b>Completed</b> 10Oct2021
<b>Parameter</b>	<b>Result</b>		
Salmonella	Not Detected per 25 g		
<b>UMHBM - Staphylococcus aureus - BAM Chapter 12</b>	<b>Reference</b> BAM Chapter 12	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07	<b>Completed</b> 10Oct2021
<b>Parameter</b>	<b>Result</b>		
Staphylococcus aureus	< 10 cfu/g		



**S & N LABS**

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19 October 2021

Synaptent LLC  
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**REPORT OF ANALYSIS**

One small jar labeled "GABA #20210320" was received on 7 October 2021. The contents of the jar were analyzed for purity using high pressure liquid chromatography (HPLC). The detector was evaporative light scattering (ELSD). The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
GABA #20210320	99.6

*Neil E. Spingam*  
Neil E. Spingam, Ph.D.  
President

Synaptent

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**ANALYTICAL REPORT**

AR-21-QH-055978-01

Client Code: QH0000902  
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Received On: 08Oct2021  
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<b>Eurofins Sample Code:</b> 477-2021-10080474		<b>Sample Registration Date:</b> 08Oct2021	
<b>Client Sample Code:</b> Gaba 20210320		<b>Condition Upon Receipt:</b> acceptable, 20.6°C	
<b>Sample Description:</b> Gaba Lot# 20210320		<b>Sample Reference:</b> 20210320	
<b>UMBI1 - Yeast - FDA BAM Chapter 18 mod.</b>	<b>Reference</b> FDA BAM Chapter 18 mod.	<b>Completed</b> 13Oct2021	
<b>Parameter</b>	<b>Result</b>		
Yeast	< 10 cfu/g		
<b>Parameter</b>	<b>Result</b>		
Moulds	10 (est) cfu/g		
<b>UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72</b>	<b>Reference</b> CMMEF Chapter 8.72	<b>Accreditation</b> ISO/IEC 17025:2017 AZLA 3329.07	<b>Completed</b> 11Oct2021
<b>Parameter</b>	<b>Result</b>		
Aerobic Plate Count	< 10 cfu/g		

Subcontracting partners:  
1 - Eurofins Food Chemistry Testing US Madison, WI

Respectfully Submitted,

*Michael A Kaiser*

Michael Kaiser  
Associate Technical Leader



Results shown in this report relate solely to the item submitted for analysis. Any opinions/interpretations expressed on this report are given independent of the laboratory's scope of accreditation. All results are reported on an "As Received" basis unless otherwise stated. Reports shall not be reproduced except in full without written permission of Eurofins Scientific, Inc. All work done in accordance with Eurofins General Terms and Conditions of Sale: [www.eurofins.com/terms\\_and\\_conditions.pdf](http://www.eurofins.com/terms_and_conditions.pdf) | ^ Indicates a subcontract test to a different lab, Lab(s) are listed at end of the report. For further details about the performing labs please contact your customer service contact at Eurofins. Measurement of uncertainty can be obtained upon request.

