

LIFTMODE

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CERTIFICATE OF ANALYSIS

Kanna Extract

(Sceletium Tortuosum Extract)

Material Lot #: 1804191524049
Country of Origin: South Africa

Manufacture Date: 04/01/2019
Retesting Date: 3/31/2022

Analysis	Claim	Result
Mesembrine	$\geq 3.0\%$	4.1%

Test	Specification	Result
Appearance	Fine Powder	Complies
Color	Tan to Light Brown	Complies
Plant Part Used	Whole Herb	Complies
Excipient Used	Mannitol	Complies
Solubility	Freely Soluble in Water	Complies
Moisture	<3%	3.2%
Heavy Metal		
Lead (Pb)	<3.0ppm	Complies
Cadmium (Cd)	<1.0 ppm	Complies
Mercury (Hg)	<0.10 ppm	Complies
Microbial Screening		
Total aerobic count	<1000 cfu/g	Complies
Yeast & mold	<100 cfu/g	Complies
Coliform type	<10 cfu/g	Complies
E. Coli	Absent	Complies
Salmonella	Absent	Complies
Staphylococcus Aureus	Absent	Complies

Kanna Extract should be stored at or below room temperature in a tightly sealed durable container.
Kanna Extract should be protected from excess heat, direct sunlight, excess humidity and moisture.
Kanna Extract is expected to meet our purity specification for 3 years from the date of testing when properly stored.

Kanna Extract



Main Benefits

- Kanna extract is a natural mood lifter which is known to promote a healthy sense of happiness and tranquility.
- Kanna extract is a mild SRI (Serotonin Reuptake Inhibitor).
- Furthermore, studies indicate that Kanna Extract can be used to enhance cognitive function and may reduce addictive nicotine cravings.

Main Cautions

- Some reports have indicated that excessive amounts of Kanna can cause headaches and loss of appetite.
- Kanna Extract should be avoided if you are taking any medication for depression.
- 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 rounded scoop contains approximately one serving, or approximately **50mg of Kanna Extract**. 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 Kanna Extract 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 Kanna Extract with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Kanna Extract are most effective when they are supported by a healthy diet and plenty of exercise.