

# LIFTMODE

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

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www.liftmode.com

## 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	≥ 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.



812 Meadowlark Lane, Goodlettsville, TN 37072  
Telephone: 615-239-8604

### Certificate of Analysis

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

Product Name	Kanna	Product Lot Number	1804191524049
Report Date	05/22/2019	Laboratory Number	12006

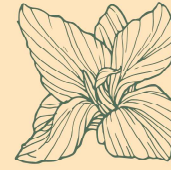
Description	Method	Result
Lead	ICP-MS	0.095 ppm
Arsenic	ICP-MS	<0.001 ppm
Cadmium	ICP-MS	0.003 ppm
Mercury	ICP-MS	0.003 ppm
Total Aerobic Count	Biolumix	<100 CFU/g
Yeast and Mold	Biolumix	<100 CFU/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10 CFU/g
Salmonella	Biolumix	Absent

*Michael Robil*  
Michael Robil  
QA Auditor

05/22/19  
05/22/2019  
Date

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### 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

- 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.
- The benefits of Kanna Extract 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.
- It is safe to stack Kanna Extract with other supplements, so long as the amount consumed does not exceed the suggested serving size.



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### Certificate of Analysis

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Product Name	Kanna Capsules	Client Lot Number	191023
Report Date	12/03/19	Laboratory #	13222

Test	Method	Result
Mesembrine	HPLC	4.8 mg/g
Ascorbyl Palmitate	HPLC	270.9 mg/g
Magnesium Beta hydroxybutyrate	NT	456 mg/g

NT: Non-Aqueous Titration

*Collin Thomas*  
Collin Thomas  
Laboratory Manager

12/03/2019 12/3/19  
Date

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