



LIFTMODE
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CERTIFICATE OF ANALYSIS

Kanna Extract (MT55) (*Sceletium tortuosum*)

Material Lot #:	19112816111119	Manufacture Date:	11/11/2019
Country of Origin:	South Africa	Testing Date:	12/26/2019
		Retesting Date:	12/25/2022

Analysis	Claim	Result
Kanna Extract	≥3% Mesembrine	3.4%

Test	Specification	Result
Appearance	Fine Powder	Complies
Active Mesembrine	≥3%	3.4%
Solubility	Soluble in water (20°C = 16g/100ml)	Complies
Moisture	≤3%	3.1%
Lead	<3.0 mg/kg	Complies
Cadmium	<1.0 mg/kg	Complies
Mercury	<0.1 mg/kg	Complies
Yeast & Mold	<100 cfu/g	Complies
Total aerobic count	<1000 cfu/g	Complies
E.coli	<100 cfu/g	Not detected
Salmonella	Negative	Not detected

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 has a retesting period of 3 years from the date of testing when properly stored.




812 Meadow Lark Lane, Godlettsville, TN 37072
 Telephone: 615-239-8604

Certificate of Analysis

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

Product Name	Kanna	Client Lot Number	19112816111119
Report Date	12/26/19	Laboratory Number	13451

Test	Method	Result
Mesembrine	HPLC	2.1%
Mesembrenone	HPLC	0.92%
Total Alkaloids	HPLC	3.17%
Lead	ICP-MS USP <730>	0.017 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.001 ppm
Mercury	ICP-MS USP <730>	0.004 ppm
Total Aerobic count	Biolumix	<100 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas 
 Laboratory Manager

12/26/2019 
 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.


Main Benefits

- 5-HTP is a natural supplement, acting as a chemical precursor to serotonin to help improve mood.
- 5-HTP is well-known natural sleep aid, and helps to reduce the time taken to fall asleep by improving melatonin levels.
- In addition to promoting healthy sleep, 5-HTP reduces stress and supports a healthy metabolism.

Main Cautions

- 5-HTP is considered to be a highly safe and effective natural dietary supplement, when taken at the recommended serving size.
- Side effects of larger servings may include upset stomach and nausea. Do not exceed the recommended serving suggestion.
- Do not use this supplement without first consulting your doctor if you are taking any medication or have any underlying medical conditions.

Kanna Extract



Usage Tips

- A 0.15 cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **50mg of 5-HTP**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of 5-HTP 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 5-HTP with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of 5-HTP are most effective when they are supported by a healthy diet and plenty of exercise.