



Certificate of Analysis

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LiftAode

Dihydromyricetin (DHM)

Vine Tea Extract, Ampelopsin

Material Lot #: HK210817 Test Date: 08-23-2022
Country of Origin: China Re-Test Date: 08-20-2025

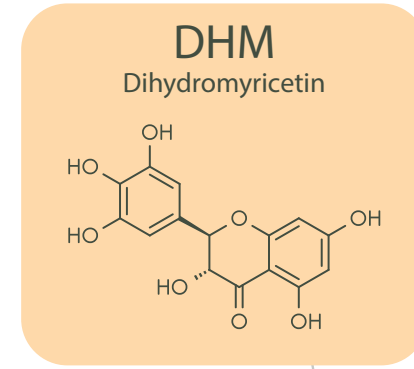
Analysis Claim Result

Dihydromyricetin (DHM) ≥98% 98.3%

Test Specification Result

Test	Specification	Result
Dihydromyricetin (HPLC)	≥98%	98.3%
Lead	≤0.5ppm	0.0118 ppm
Mercury	≤0.5ppm	<0.005 ppm
Cadmium	≤0.5ppm	<0.005 ppm
Arsenic	≤0.5 ppm	0.137 ppm
Total Aerobic Plate Count	<1000 cfu/g	<10 cfu/g
Yeast	<100 cfu/g	<10 cfu/g
Moulds	<100 cfu/g	<10 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

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



- ### Main Benefits
- Dihydromyricetin – also known as DHM or Ampelopsin – is a relatively new supplement that occurs in a number of plant species.
 - DHM has long been used in Traditional Chinese Medicine (TCM) for its antioxidant and general health-supporting benefits.
 - DHM has also been found to effectively reduce alcohol related hangovers and promote a healthy metabolism while simultaneously holding effective neuroprotective properties.

- ### Main Cautions
- DHM is generally recognized as safe when taken as a dietary supplement at the recommended serving size.
 - Using the HED ratio, the safe upper limit dosage for DHM would be 15.68g for a 70kg person. However we strongly advise that you do not exceed the recommended serving size.
 - Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition. There is insufficient research to support the use of DHM supplementation during pregnancy and breastfeeding.

- ### Usage Tips
- A 0.625 cc measuring scoop is included. One rounded scoop contains approximately one serving, or approximately **400mg of Dihydromyricetin (DHM)**. 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 DHM 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 DHM with other supplements, so long as the amount consumed does not exceed the suggested serving size.
 - The benefits of DHM are most effective when they are supported by a healthy diet and plenty of exercise.

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ANALYTICAL REPORT

AR-22-QH-048979-01

Client Code: QH0000902
PO#: HK210817

Received On: 22Aug2022
Reported On: 28Aug2022

Synaptent
Quality Control Department (COA)
425 BARCLAY BOULEVARD
Lincolnshire, IL 60069

ANALYTICAL REPORT

AR-22-QH-048979-01

Client Code: QH0000902
PO#: HK210817

Received On: 22Aug2022
Reported On: 28Aug2022

Eurofins Sample Code: 477-2022-08220032	Sample Registration Date: 22Aug2022	Condition Upon Receipt: acceptable, 21°C	Sample Reference:
Client Sample Code: HK210817			
Sample Description: Dihydropyrimidin (DHM)			
FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference AOAC 2011.19, 993.14 and 2015.01 (modified)	Accreditation	Completed 25Aug2022
Parameter	Result		Sub 1
Arsenic	137 ppb		
Cadmium	<5.00 ppb		
Lead	11.8 ppb		
Mercury	<5.00 ppb		
UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference CMMEF Chapter 9.933	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 23Aug2022
Parameter	Result		
Coliforms	< 10 cfu/g		
Parameter	Result		
Escherichia coli	< 10 cfu/g		
UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference BAM Chapter 12	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 28Aug2022
Parameter	Result		
Staphylococcus aureus	< 10 cfu/g		
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 27Aug2022
Parameter	Result		
Yeast	< 10 cfu/g		
Parameter	Result		
Moulds	< 10 cfu/g		

Eurofins Sample Code: 477-2022-08220032	Sample Registration Date: 22Aug2022
Client Sample Code: HK210817	Condition Upon Receipt: acceptable, 21°C
Sample Description: Dihydropyrimidin (DHM)	Sample Reference:

UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference CMMEF Chapter 8.72	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 24Aug2022
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Parameter	Result
Aerobic Plate Count	< 10 cfu/g

ZM1AK - Confirmation Salmonella spp. - AOAC-RI 121501	Reference FDA BAM Chapter 5	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 26Aug2022
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Parameter	Result
Salmonella	Not Detected per 25 g

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

Respectfully Submitted,

Christine Gwinn
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 | \ 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.

25 August 2022

Job Number:	26172
PO Number:	Verbal

Synaptent LLC
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Chicago, Illinois 60605

REPORT OF ANALYSIS

One blue container with powder labeled "DIHYDROMYRICETIN (DHM) HK210817" was received on 23 August 2022. A portion of the powder from within the container was analyzed for purity using high pressure liquid chromatography (HPLC). Based on ultraviolet (UV) detection at 195 nm the chromatographic purity of the sample was found to be 98.3%.

The chromatogram is enclosed for your reference.

Chris French, PhD
Principal Scientist

