

Certificate of Analysis

47 W Polk St. STE 100-241
Chicago, IL 60605
liftmode@liftmode.com

LiftMode

Citicoline Sodium

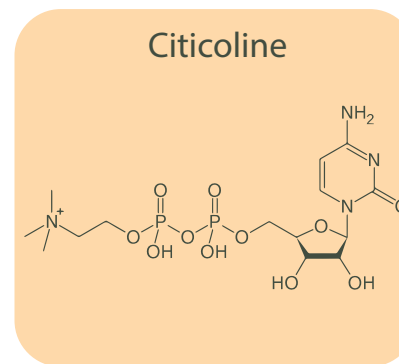
 (Citicoline Sodium Salt)

Material Lot #: 20210301 Test Date: 01/27/2022
Country of Origin: China Re-Test Date: 01/24/2025

Analysis	Claim	Result
Citicoline Sodium	≥99%	99.2%

Test	Specification	Result
Citicoline Sodium (HPLC)	≥99%	99.2%
Lead	≤1 ppm	<0.00500 ppm
Mercury	≤1 ppm	<0.00500 ppm
Cadmium	≤1 ppm	<0.00500 ppm
Arsenic	≤1 ppm	0.0579 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
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Not Detected per 25 g	Not Detected per 25 g
Escherichia coli	<10 cfu/g	<10 cfu/g
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

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



Main Benefits

- Citicoline (CDP-Choline) is a naturally-occurring compound used in numerous biochemical pathways in the human body.
- Citicoline plays an important role in many biochemical systems in the human body. It is especially important as a methyl-group donor, a cofactor for a variety of enzyme systems, and for phospholipid synthesis.
- Anecdotally, it may have similar effects to other Nootropic compounds.

Main Cautions

- Citicoline is considered possibly safe for use by most people when taken at the recommended serving size for up to 90 days.
- However at much larger sizes, possible adverse effects may include difficulty sleeping, headache, diarrhoea, high or low blood pressure, nausea, blurred vision and chest pain.
- Consult your physician before using Citicoline if you are taking any medication. Citicoline has not been tested for safety in pregnant or breastfeeding women.

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving of approximately **250mg of Citicoline**. As a dietary supplement, take 1-2 servings up to 3 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Citicoline 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.
- 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 Citicoline with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Citicoline are most effective when they are supported by a healthy diet and plenty of exercise.



S & N LABS

2021 E. Fourth Street Santa Ana, California 92705 (714) 543-2211

31 January 2022

Job Number:	25696
PO Number:	verbal

Synaptent LLC
47 W. Polk Street #100-241
Chicago, Illinois 60605

REPORT OF ANALYSIS

One small jar labeled "Citicoline Sodium #20210301" was received on 27 January 2022. The contents of the jar were analyzed for purity using high pressure liquid chromatography (HPLC). The detector was set to 212nm. The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
Citicoline Sodium #20210301	99.2

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President

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ANALYTICAL REPORT

AR-22-QH-005886-01

Client Code: QH0000902
PO#: 20210301

Received On: 27Jan2022
Reported On: 01Feb2022

Eurofins Sample Code:	477-2022-01270169	Sample Registration Date:	27Jan2022	
Client Sample Code:	20210301	Condition Upon Receipt:	acceptable, 14.5°C	
Sample Description:	CITICOLINE SODIUM	Sample Reference:		
FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference AOAC 2011.19 and 993.14 (modified)	Accreditation ISO/IEC 17025:2017 A2LA 2918.01	Completed 31Jan2022	Sub 1
Parameter	Result			
Arsenic	57.9 ppb			
Cadmium	<5.00 ppb			
Lead	<5.00 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 28Jan2022	
Parameter	Result			
Coliforms	< 10 cfu/g			
Parameter	Result			
Escherichia coli	< 10 cfu/g			
UMDTC - Salmonella species - AOAC-RI 121501	Reference AOAC-RI 121501	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 28Jan2022	
Parameter	Result			
Salmonella	Not Detected per 25 g			
UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference BAM Chapter 12	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 29Jan2022	
Parameter	Result			
Staphylococcus aureus	< 10 cfu/g			

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Client Code: QH0000902
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Received On: 27Jan2022
Reported On: 01Feb2022

Eurofins Sample Code:	477-2022-01270169	Sample Registration Date:	27Jan2022
Client Sample Code:	20210301	Condition Upon Receipt:	acceptable, 14.5°C
Sample Description:	CITICOLINE SODIUM	Sample Reference:	
UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference FDA BAM Chapter 18 mod.	Completed 01Feb2022	
Parameter	Result		
Yeast	< 10 cfu/g		
Parameter	Result		
Moulds	< 10 cfu/g		
UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference CMMEF Chapter 8.72	Accreditation ISO/IEC 17025:2017 A2LA 3329.07	Completed 29Jan2022
Parameter	Result		
Aerobic Plate Count	< 10 cfu/g		

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

Respectfully Submitted,



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 | v 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.

Instrument: Annex-1 Sequence: 25696-Citicoline Purity HILIC

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