



Certificate of Analysis

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LiftMode

DL-Phenylalanine

(2-amino-3-phenylpropanoic acid)

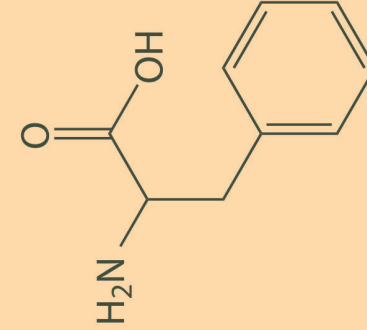
Material Lot #: 20161006 Test Date: 04/04/2021
Country of Origin: China Re-Test Date: 04/01/2024

Analysis	Claim	Result
DL-Phenylalanine	≥99%	100.3%

Test	Specification	Result
Identification (H-NMR)	Conforms to Structure	Conforms
DL-Phenylalanine (HPLC)	≥99%	100.3%
Moisture (Loss on Drying)	≤0.2%	0.1%
Heavy Metals		
Lead	≤1 ppm	<0.00500 ppm
Mercury	≤1 ppm	<0.00500 ppm
Cadmium	≤1 ppm	<0.00500 ppm
Arsenic	≤1 ppm	<0.0100 ppm
Total Aerobic Plate Count		
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	Not Detected per 25 g	Not Detected per 25 g
Staphylococcus aureus	<10 cfu/g	<10 cfu/g

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

DL-PHENYLALANINE



Main Cautions

- Side effects of larger serving sizes of DL-Phenylalanine may include heartburn, nausea, headaches, and increased blood pressure.
- Do not exceed the recommended serving size for this supplement. Consult your doctor before using DL-Phenylalanine if you have any underlying medical conditions.
- There is insufficient information as to the safety of DL-Phenylalanine for pregnant and breastfeeding women.

Usage Tips

- A 1.7cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **1000mg of DL-Phenylalanine**. As a dietary supplement, take 1-2 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- It is safe to stack DL-Phenylalanine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of DL-Phenylalanine are most effective when they are supported by a healthy diet and plenty of exercise.

Main Benefits

- DL-Phenylalanine is a combination of two enantiomers of Phenylalanine. This dietary supplement is best-known for its mood-boosting properties.
- DL-Phenylalanine interacts with receptors in the brain that help to boost mood, promote relaxation, increase energy, and reduce sensations of pain.
- DL-Phenylalanine is also being studied for a variety of potential developments, especially for supporting healthy cognitive performance.

