



Certificate of Analysis

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

LiftMode

Urolithin A



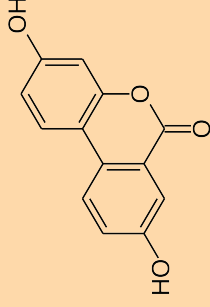
Material Lot #: 20210706 Test Date: 07-26-2021
Country of Origin: China Re-Test Date: 07-06-2024

Analysis		Claim	Result
Urolithin A		≥95%	99.9%

Test	Specification	Result
Urolithin A (HPLC)	≥95%	99.9%
Lead	≤1 ppm	<0.0061 ppm
Mercury	≤0.3 ppm	<0.005 ppm
Cadmium	≤0.3 ppm	<0.005 ppm
Arsenic	≤1 ppm	0.0225 ppm
Total Aerobic Plate Count	<10000 cfu/g	<10 cfu/g
Yeast	<500 cfu/g	<10 cfu/g
Moulds	<500 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

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

Urolithin A



Main Benefits

- Urolithin A is a compound derived from its precursors, ellagic acid and ellagitannins, which are found naturally in edible plants like strawberries and pomegranates. Urolithin A is often transformed by gut-bacteria into this form.
- Urolithin A helps to support general longevity and anti-aging through muscle support and promoting mitochondrial health.

Main Cautions

- Urolithin A supplements are considered safe for adults when used according to the recommended serving instructions. In studies supplementing Urolithin A, there have not been notable side effects reported.
- Do not use this supplement without first consulting with your doctor if you are taking any medication or have any medical condition. There isn't sufficient available data to know whether Urolithin A is safe for pregnant or breastfeeding women.

Usage Tips

- A 1.0 cc measuring scoop is included. Two level scoops contains approximately one serving or approximately **Serving of Urolithin A**. As a dietary supplement, take 1 serving up to 2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Urolithin A 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 consume.
- 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 Urolithin A with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Urolithin A 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

14 July 2021

Job Number:	25226
PO Number:	verbal

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

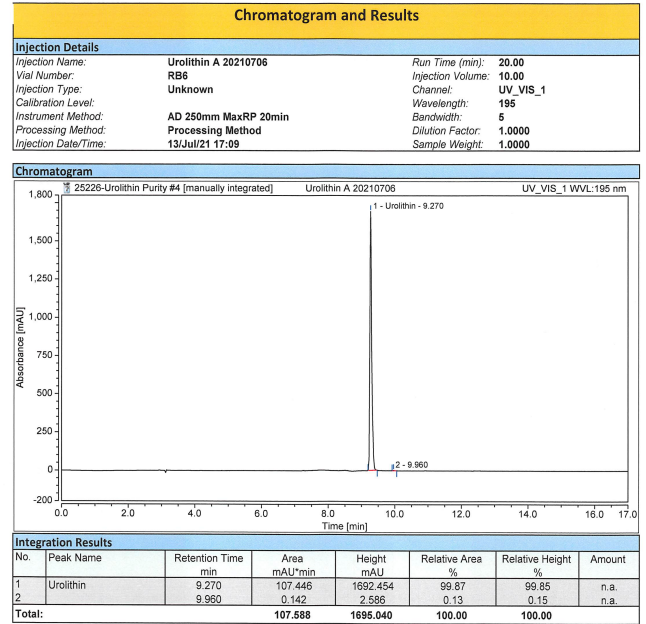
REPORT OF ANALYSIS

One blue container labeled "Urolithin A 20210706" was received on 13 July 2021. The material was analyzed for purity using high pressure liquid chromatography (HPLC). The detector was set to 195nm. The results are summarized in the table below.

Sample	Chromatographic Purity (% area)
Urolithin A 20210706	99.9

The chromatogram is enclosed for your reference.

Neil E. Spingam, Ph.D.
President



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Synaptent
Joseph Watkins
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Chicago, IL 60607

ANALYTICAL REPORT

AR-21-QH-039928-01

Client Code: QH0000902
PO#: 20210708
Received On: 12Jul2021
Reported On: 26Jul2021

Eurofins Sample Code: 477-2021-07120043	Sample Registration Date: 12Jul2021
Client Sample Code: 20210706	Condition Upon Receipt: acceptable, 21.3°C
Sample Description: Urolithin A	Sample Reference:
FS001 - Heavy Metals (As, Cd, Hg, and Pb)	Reference: AOAC 2011.19 and 993.14 (modified) Accreditation: ISO/IEC 17025:2017 Completed: 22Jul2021 Sub I: A2LA 2918.01

Parameter	Result
Arsenic	22.5 ppb
Cadmium	<5.00 ppb
Lead	6.10 ppb
Mercury	<5.00 ppb

UM8VD - Total Coliforms - CMMEF Chapter 9.933	Reference: CMMEF Chapter 9.933 Accreditation: ISO/IEC 17025:2017 Completed: 13Jul2021 A2LA 3329.07
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Parameter	Result
Coliforms	< 10 cfu/g
Parameter	Result
Escherichia coli	< 10 cfu/g

UMDTC - Salmonella spp. - AOAC-RI 121501	Reference: AOAC-RI 121501 Accreditation: ISO/IEC 17025:2017 Completed: 13Jul2021 A2LA 3329.07
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Parameter	Result
Salmonella	Not Detected per 25 g

UMHBM - Staphylococcus aureus - BAM Chapter 12	Reference: BAM Chapter 12 Accreditation: ISO/IEC 17025:2017 Completed: 14Jul2021 A2LA 3329.07
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Parameter	Result
Staphylococcus aureus	< 10 cfu/g

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ANALYTICAL REPORT

AR-21-QH-039928-01

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Received On: 12Jul2021
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Eurofins Sample Code: 477-2021-07120043	Sample Registration Date: 12Jul2021
Client Sample Code: 20210706	Condition Upon Receipt: acceptable, 21.3°C
Sample Description: Urolithin A	Sample Reference:

UMIB1 - Yeast - FDA BAM Chapter 18 mod.	Reference: FDA BAM Chapter 18 mod.	Completed: 17Jul2021
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Parameter	Result
Yeast	< 10 cfu/g
Parameter	Result
Moulds	10 (est) cfu/g

UMVSE - Aerobic Plate Count - CMMEF Chapter 8.72	Reference: CMMEF Chapter 8.72 Accreditation: ISO/IEC 17025:2017 Completed: 14Jul2021 A2LA 3329.07
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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



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