

LIFTMODE

LIFTMODE
47 W. Polk St. STE 100-241
Chicago, IL 60605

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CERTIFICATE OF ANALYSIS

L-Theanine

(L-γ-glutamylethylamide)

Material Lot #:	2019011201	Manufacture Date:	01/05/2019
Country of Origin:	China	Test Date:	10/21/2019
		Re-Test Date:	10/24/2022

Analysis	Claim	Result
L-Theanine	≥99.0%	99.7%

Test	Specification	Result
Appearance	White Powder	Complies
Specific Rotation	(+7.5°)-(+8.5°)	+8.19°
Solution Color (1.0g/20ml)	Clear, Colorless	Complies
Chloride	<0.02%	Complies
Loss on Drying	<1.0%	0.37%
Residue on Ignition	<0.2%	Complies
PH	5.0-6.0	5.96
Heavy Metals	≤10 ppm	10 ppm
Arsenic	≤1 ppm	10 ppm
Assay	98.0%-102.0%	99.7%

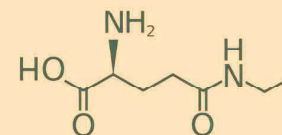
L-Theanine should be stored at or below room temperature in a tightly sealed durable container.
L-Theanine should be protected from excess heat, direct sunlight, excess humidity and moisture.
L-Theanine has a stable shelf life of 3 years from the date of manufacture when properly stored.

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L-THEANINE



Main Benefits

- L-Theanine is a calming and focusing non-dietary amino acid derivative that is uncommon in food sources and is primarily found in green tea.
- L-Theanine is best-known for its relaxing and mildly stimulating effects, as well as its synergistic relationship with caffeine.
- It has also been found to increase mood and focus, improve sleep quality and have other health promoting effects.

Main Cautions

- In most cases, L-Theanine is a highly safe and effective dietary supplement that is free from adverse effects when used at the recommended serving size.
- Do not exceed the recommended serving size. This supplement may interact with medication. Please speak to your doctor if you have any underlying medical conditions.
- There is not yet enough data on use by pregnant or breast-feeding women to make a conclusion about safety for pregnant women.

Usage Tips

- A 0.625cc measuring scoop is included. One level scoop contains approximately one serving, or approximately **200 mg of L-Theanine**. 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 L-Theanine are dependent on the amount taken, so 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 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 L-Theanine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of L-Theanine are most effective when they are supported by a healthy diet and plenty of exercise.



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Certificate of Analysis

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

Product Name	L-Theanine	Product Lot Number	2019011201
Report Date	10/21/2019	Laboratory Number	12956

Description	Method	Result
Assay	HPLC	99.7.7%
Lead	ICP-MS USP <730>	0.045 ppm
Arsenic	ICP-MS USP <730>	0.017 ppm
Cadmium	ICP-MS USP <730>	0.007 ppm
Mercury	ICP-MS USP <730>	0.025 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast and Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Absent
Coliform	Biolumix	<10cfu/g
Salmonella	Biolumix	Absent

Collin Thomas 
Laboratory Manager

10/21/2019 10/21/19
Date

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