



Certificate of Analysis

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

LiftNode

Piperine

(from *Piper nigrum*)

Material Lot #: 1245
Country of Origin: India

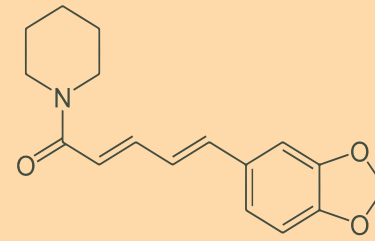
Test Date: 07/09/2019
Re-Test Date: 07/08/2022

Analysis	Claim	Result
Piperine	≥95%	96.6%

Test	Specification	Result
Identification (1H-NMR)	Conforms to Structure	Conforms
Piperine (HPLC)	≥95%	96.6%
Lead (ICP-MS)	≤0.5ppm	0.032 ppm
Mercury (ICP-MS)	≤0.5ppm	0.002 ppm
Cadmium (ICP-MS)	≤0.5ppm	0.0004 ppm
Arsenic (ICP-MS)	≤0.5 ppm	<0.0001 ppm
Total Aerobic Plate Count	<100 cfu/g	<100 cfu/g
Yeast & Mold	<100 cfu/g	<100 cfu/g
Escherichia coli	Negative	Negative
Coliforms	<10 cfu/g	<10 cfu/g
Salmonella	Negative	Negative

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

Piperine



Main Benefits

- When taken as a dietary supplement, Piperine has the ability to significantly improve the absorption and uptake of many dietary supplements.
- Piperine may also have powerful anti-oxidant effects and support a healthy circulatory system.
- Piperine may also slow intestinal removal of supplements. These effects allow your body to better absorb supplements that are metabolized by the liver.

Main Cautions

- Piperine is the extracted active compound from black pepper which is generally regarded as safe for consumption around the world.
- There may be significant interactions between Piperine and medication. If you are taking any medication, it is very important that you consult with your doctor before using this supplement.
- Do not exceed the suggested serving size for Piperine supplements.

Usage Tips

- A disposable double sided measuring scoop is included. Two level scoops from the small end contains approximately one serving, or approximately **8-10mg of Piperine**. As a dietary supplement, take 1-4 servings up to three times per day (optimally, 1 hour prior to taking other supplements). Start at the lower suggested quantity to assess response.
- The negative effects of Piperine 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 Piperine with other supplements, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Piperine are most effective when they are supported by a healthy diet and plenty of exercise.



812 Meadow Lark Lane, Goodlettsville, TN 37072
 Telephone: 615-239-8604

Certificate of Analysis

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

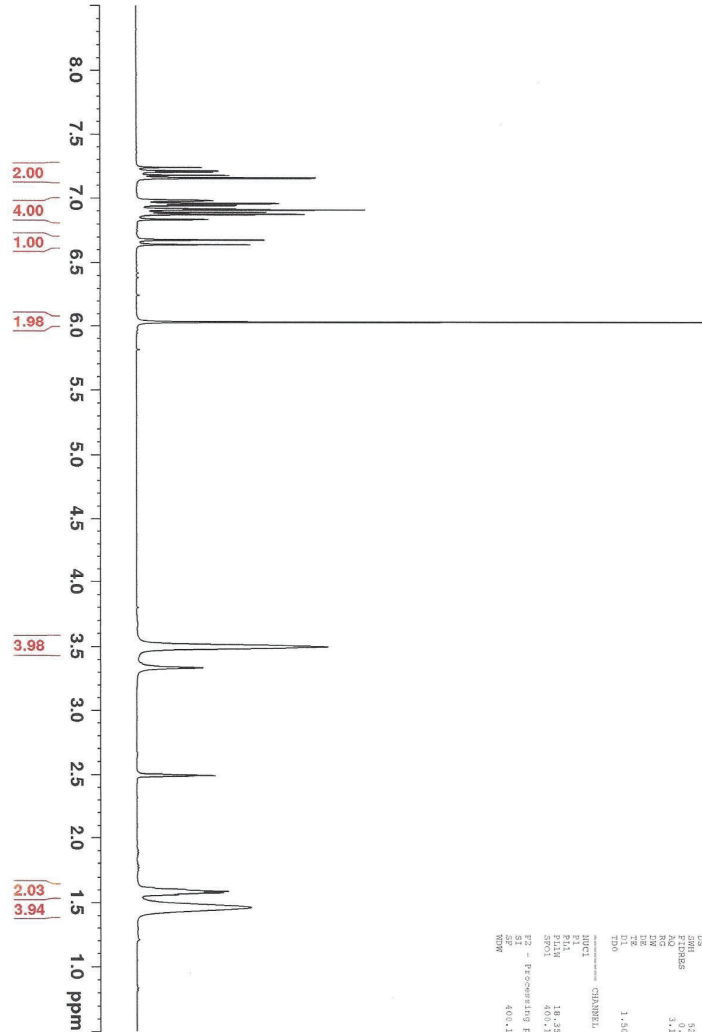
Product Name	Piperine	Product Lot Number	1245
Report Date	07/09/2019	Laboratory Number	12242

Description	Method	Result
Identification	Proton NMR	Conforms to structure
Assay	HPLC	96.6%
Lead	ICP-MS USP <730>	0.032 ppm
Arsenic	ICP-MS USP <730>	<0.0001 ppm
Cadmium	ICP-MS USP <730>	0.0004 ppm
Mercury	ICP-MS USP <730>	0.002 ppm
Total Aerobic Count	Biolumix	<100 cfu/g
Yeast & Mold	Biolumix	<100 cfu/g
E. Coli	Biolumix	Negative
Coliform	Biolumix	<10 cfu/g
Salmonella	Biolumix	Negative

Collin Thomas *Collin Thomas*
 Laboratory Manager

07/09/2019 7/9/19
 Date

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1H NMR of Piperine
 in DMSO
 Lot #12242
 Colmaric Analytical
 400 MHz
 07-03-19

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Current Data Parameters
=====
F1 - Acquisition Parameters
Date_         2019.07.09
Time          12:40
INSTRUM      spect
PROBHD       5 mm QNP1H
PULPROG      zgpg30
AQ           0.12100000
SFO1         400.1320000 MHz
SOLVENT      DMSO
NS           2
DS           2
SWH           5298.433 Hz
FIDRES       0.1454288 sec
AQRES        3.1451248 sec
RG           36
RGY          254.61
DE           254.61
DI           1.5000000 sec
=====
F2 - Processing parameters
Date_         2019.07.09
Time          11:38
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PROBHD       5 mm QNP1H
PULPROG      zgpg30
AQ           0.12100000
SFO1         400.1320000 MHz
SOLVENT      DMSO
NS           2
DS           2
SWH           5298.433 Hz
FIDRES       0.1454288 sec
AQRES        3.1451248 sec
RG           36
RGY          254.61
DE           254.61
DI           1.5000000 sec
=====
=====
Channel F1
=====
NUC1         1H
P1          11.38
PL1         -2.50
PL12        18.35
PL13        19.35
SFO1         400.1320000 MHz
SI           32768
SI1          400.1320000 MHz
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