



Brand: Lake Avenue Nutrition

Product Name: 5-HTP with Vitamin B6 & Vitamin C

Product Code: LKN-01556

Report Date: 10/29/2019

Lot#: 445534



Independent 3rd Party Lab: Advanced Botanical Consulting & Testing, Inc.

iHerb.com/iTested

Analyses	Specifications	Results*	Lab Tested
----------	----------------	----------	------------

Supplement Facts	Label Claim	Serving Size: 1 Capsule	
------------------	-------------	-------------------------	--

Vitamin C	200 mg	200.73 mg	ABC Testing
Vitamin B6	15 mg	21.44 mg	ABC Testing
5-HTP	100 mg	116.50 mg	ABC Testing

Method: ALC417A, ALC010A, ALC091A

Microbial Analysis	CFU = Colony Forming Unit		
--------------------	---------------------------	--	--

Total Plate Count	<10,000 CFU/g	<10 CFU/g	ABC Testing
Yeast	<1,000 CFU/g	<10 CFU/g	ABC Testing
Mold	<1,000 CFU/g	<10 CFU/g	ABC Testing
Escherichia coli	Non-Detectable	Complies	ABC Testing
Salmonella spp.	Non-Detectable	Complies	ABC Testing
Staphylococcus aureus	Non-Detectable	Complies	ABC Testing
Clostridium	Non-Detectable	Complies	ABC Testing

Method: USP (2021, 2022)

Heavy Metal Analysis	US FDA Daily Limit	mcg = microgram	
----------------------	--------------------	-----------------	--

Arsenic	130 mcg	<0.001 mcg	ABC Testing
Cadmium	55 mcg	0.002 mcg	ABC Testing
Mercury	20 mcg	0.001 mcg	ABC Testing
Lead	75 mcg	0.111 mcg	ABC Testing

Method: ICP/MS

Reviewed & Approved: Quality Control Staff

*Analytical Testing & Results were Performed and Reported by a US FDA Registered, Independent, Third Party Lab.