



Brand: Lake Avenue Nutrition
Product Name: OptiMSM®, Flakes
Product Code: LKN-01628
Report Date: 12/9/2019
Lot#: B19000308



Independent Third Party Testing Laboratories

iHerb.com/iTested

Analyses	Specifications	Results*	Lab Tested
Supplement Facts	Label Claim	Serving Size: 1 Capsule	
Methylsulfonylmethane Method: GC	3 g	3 g	Eurofins
Microbial Analysis	CFU = Colony Forming Unit		
Total Plate Count	<10,000 CFU/g	<10 CFU/g	Eurofins
Mold	<1,000 CFU/g	<10 CFU/g	Eurofins
Yeast	Non-Detectable	<10 CFU/g	Eurofins
Escherichia coli	Non-Detectable	Not Detected	Eurofins
Salmonella spp.	Non-Detectable	Not Detected	Eurofins
Staphylococcus aureus Method: USP <2021, 2022>	Non-Detectable	Not Detected	Eurofins
Heavy Metal Analysis	US FDA Daily Limit	mcg = microgram	
Arsenic	130 mcg	<0.030 mcg	Eurofins
Cadmium	55 mcg	<0.015 mcg	Eurofins
Mercury	20 mcg	<0.015 mcg	Eurofins
Lead Method: ICP-MS	75 mcg	<0.015 mcg	Eurofins

Reviewed & Approved: Quality Control Staff

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