



Brand: Lake Avenue Nutrition
Product Name: Magnesium Complex 300 mg
Product Code: LKN-01660
Report Date: 01/03/2020
Lot#: F1992611/ F198235/ F198234



Independent Third Party Testing Laboratories

iHerb.com/iTested

Analyses	Specifications	Results*	Lab Tested
Supplement Facts	Label Claim	Serving Size: 1 Tablet	
Magnesium Method: ICP-MS	300 mg	343 mg	ABC Testing
Microbial Analysis	CFU = Colony Forming Unit		
Total Plate Count	<10,000 CFU/g	<10 CFU/g	ABC Testing
Mold	<1,000 CFU/g	<10 CFU/g	ABC Testing
Yeast	<1,000 CFU/g	<10 CFU/g	ABC Testing
Escherichia coli	Non-Detectable	Not Detected	ABC Testing
Salmonella spp.	Non-Detectable	Not Detected	ABC Testing
Staphylococcus aureus Method: USP <2021, 2022>	Non-Detectable	Not Detected	ABC Testing
Heavy Metal Analysis	US FDA Daily Limit	mcg = microgram	
Arsenic	130 mcg	0.045 mcg	ABC Testing
Cadmium	55 mcg	0.010 mcg	ABC Testing
Mercury	20 mcg	0.004 mcg	ABC Testing
Lead Method: ICP-MS	75 mcg	0.095 mcg	ABC Testing

Reviewed & Approved: Quality Control Staff

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