



**Brand:** Lake Avenue Nutrition  
**Product Name:** Methyl Folate  
**Product Code:** LKN-01677  
**Report Date:** 2/7/2020  
**Lot#:** 150919



**Independent Third Party Testing Laboratories**

[iHerb.com/iTested](https://iHerb.com/iTested)

<b>Analyses</b>	<b>Specifications</b>	<b>Results*</b>	<b>Lab Tested</b>
<b>Supplement Facts</b>	<b>Label Claim</b>	<b>Serving Size: 1 Capsule</b>	
Vitamin C	40 mg	40.54 mg	ABC Testing
Folate	800 mcg	929.26 mg	ABC Testing
Method: HPLC, ALC091A, ALC193B			
<b>Microbial Analysis</b>	<b>CFU = Colony Forming Unit</b>		
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
Enterobacteriaceae	Non-Detectable	<10 MPN/g	ABC Testing
Escherichia coli	Non-Detectable	Not Detected	ABC Testing
Salmonella spp.	Non-Detectable	Not Detected	ABC Testing
Staphylococcus aureus	Non-Detectable	Not Detected	ABC Testing
Clostridium spp.	Non-Detectable	Not Detected	ABC Testing
Method: USP <2021; 2022>			
<b>Heavy Metal Analysis</b>	<b>US FDA Daily Limit</b>	<b>mcg = microgram</b>	
Arsenic	130 mcg	0.129 mcg	ABC Testing
Cadmium	55 mcg	0.012 mcg	ABC Testing
Mercury	20 mcg	0.002 mcg	ABC Testing
Lead	75 mcg	0.014 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.