



**Brand:** Lake Avenue Nutrition

**Product Name:** Creatine

**Product Code:** LKN-01526

**Report Date:** 10/11/2019

**Lot#:** 3123510



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

[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 1/2 Teaspoon</b>	
Creatine Monohydrate Method: ALC519A	5,000 mg	5,000 mg	ABC Testing
<b>Microbial Analysis</b>	<b>CFU = Colony Forming Unit</b>		
Total Plate Count	<10,000 CFU/g	180 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)			
<b>Heavy Metal Analysis</b>	<b>US FDA Daily Limit</b>	<b>mcg = microgram</b>	
Arsenic	130 mcg	0.002 mcg	ABC Testing
Cadmium	55 mcg	0.002 mcg	ABC Testing
Mercury	20 mcg	0.001 mcg	ABC Testing
Lead	75 mcg	0.029 mcg	ABC Testing
Method: USP/NF, ICP/MS			

**Reviewed & Approved:** CGN Quality Control Staff

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

For a Glossary of Terms & Definitions and Basic Test Parameters, please visit [iHerb.com/iTested](https://iHerb.com/iTested)