



Brand: Lake Avenue Nutrition
Product Name: Flaxseed Oil & Lignan
Product Code: LKN-01544, LKN-01545
Report Date: 12/02/2019
Lot#: C1902332, C1902333



Independent 3rd Party Lab: Advanced Botanical Consulting & Testing and Contract Lab iHerb.com/iTested

Analyses	Specifications	Results*	Lab Tested
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Supplement Facts	Label Claim	Serving Size: 1 Softgel	
Flaxseed	Identification	Confirmed	ABC Testing
Alpha-Linolenic Acid	500 mg	602.31 mg	ABC Testing
Linoleic Acid	110 mg	161.53 mg	ABC Testing
Oleic Acid	110 mg	176.71 mg	ABC Testing
Method: AGC302A			

Microbial Analysis	CFU = Colony Forming Unit		
Total Plate Count	<10,000 CFU/g	140 CFU/g	Contract Lab
Yeast	<1,000 CFU/g	<10 CFU/g	Contract Lab
Mold	<1,000 CFU/g	<10 CFU/g	Contract Lab
Escherichia coli	Non-Detectable	Complies	Contract Lab
Salmonella spp.	Non-Detectable	Complies	Contract Lab
Staphylococcus aureus	Non-Detectable	Complies	Contract Lab
Method: USP (2021, 2022)			

Heavy Metal Analysis	US FDA Daily Limit	mcg = microgram	
Arsenic	130 mcg	0.017 mcg	ABC Testing
Cadmium	55 mcg	0.014 mcg	ABC Testing
Mercury	20 mcg	0.001 mcg	ABC Testing
Lead	75 mcg	0.020 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