



LAKE AVENUE[™]
NUTRITION

Brand: Lake Avenue Nutrition

Product Name: Biotin, 5,000 mcg

Product Code: LKN-01675, LKN-01676

Report Date: 12/27/2019

Lot#: B19000272, B19000273



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

iHerb.com/iTested

| Analyses | Specifications | Results* | Lab Tested |
|-----------------|-----------------------|-----------------|-------------------|
|-----------------|-----------------------|-----------------|-------------------|

| Supplement Facts | Label Claim | Serving Size: 1 Capsule | |
|-------------------------|--------------------|--------------------------------|--|
|-------------------------|--------------------|--------------------------------|--|

| | | | |
|---------------------------|-----------|-----------|-------------|
| Biotin Method: ALC169A | 5,000 mcg | 5,127 mcg | ABC Testing |
|---------------------------|-----------|-----------|-------------|

| Microbial Analysis | CFU = Colony Forming Unit | | |
|---------------------------|----------------------------------|--|--|
|---------------------------|----------------------------------|--|--|

| | | | |
|-----------------------|----------------|------------|-------------|
| Total Plate Count | <10,000 CFU/g | 1060 CFU/g | ABC Testing |
| Yeast | <1,000 CFU/g | <10 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)

| Heavy Metal Analysis | US FDA Daily Limit | mcg = microgram | |
|-----------------------------|---------------------------|------------------------|--|
|-----------------------------|---------------------------|------------------------|--|

| | | | |
|---------|---------|------------|-------------|
| Arsenic | 130 mcg | 0.012 mcg | ABC Testing |
| Cadmium | 55 mcg | 0.004 mcg | ABC Testing |
| Mercury | 20 mcg | <0.001 mcg | ABC Testing |
| Lead | 75 mcg | 0.008 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