

Suggested Use: Take 3 tablets twice daily on an empty stomach, at least 30 minutes before meals, or as recommended by a Healthcare Practitioner. To ensure optimal collagen absorption, avoid taking additional protein supplements within one hour of consumption.

Formulated Without: GMOs, Gluten or Soy.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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LAKE AVENUE®
NUTRITION

Collagen Type I & III

**Supports Hair, Skin,
Nails, Joint & Bone***

**Dietary
Supplement**

60 Tablets



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Supplement Facts

Serving Size 3 Tablets

Servings Per Container 20

	Amount Per Serving	%Daily Value
Calories	10	
Protein	3 g	<1%**
Vitamin C (as Calcium Ascorbate)	30 mg	33%
Hydrolyzed Bovine Collagen Peptides	3 g	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, and Stearic Acid.

Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.

Manufactured for: Madre Labs, LLC
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