

Suggested Use: Mix 2 scoops daily (10 grams♦) into the beverage of your choice, or as recommended by a Healthcare Practitioner.

Collagen peptides may clump in cold liquids, so it is recommended to mix into hot, warm, or room temperature liquids and then add ice if a cold beverage is your preference.

Our Collagen Peptides can be added to hot coffee or tea, juice, water, soup, oatmeal, yogurts, and smoothies.

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. May be stored at room temperature.



LAKE AVENUE™
NUTRITION

Hydrolyzed Collagen Peptides Type I & III

Unflavored

**Dietary
Supplement**

Net Wt. 7.05 OZ. (200g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.



Supplement Facts

Serving Size 2 Scoops (10g♦)

Servings Per Container About 20

	Amount Per Serving	%Daily Value
Calories	35	
Protein	9 g	<1%*
Sodium	40 mg	2%
Hydrolyzed Bovine Collagen Peptides	10 g	†

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

† Daily Value not established.

Other Ingredients: None.

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

♦10 grams per 2 scoops is an average. Individual scooping technique may yield less than or more than 10 grams.

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