

**Suggested Use:** Mix 2 scoops daily (10 grams♦) into 8-10 ounces of 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 preferred.

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. Store in a cool, dry place.**

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

**THIS PRODUCT IS PACKAGED AND SOLD BY WEIGHT NOT BY VOLUME. SETTLING OF CONTENTS MAY OCCUR OVER TIME AND CANNOT BE AVOIDED.**



# Hydrolyzed Collagen Peptides

## Type I & III

### Unflavored



**LAKE AVENUE<sup>®</sup>**  
**NUTRITION**

Dietary Supplement    Net Wt 16.2 OZ (1.01 LB) 460 g

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 46

	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, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.*

Lake Avenue Nutrition<sup>®</sup> is a registered trademark of Madre Labs, LLC

**Manufactured for: Madre Labs, LLC**  
301 N. Lake Ave., Ste. 500, Pasadena, CA 91101  
Contact email: [info@LakeAvenueNutrition.com](mailto:info@LakeAvenueNutrition.com)  
**LakeAvenueNutrition.com**  
LREV0921hbc lkn1858

