

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

Formulated Without: Gluten, GMOs or Soy

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

*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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Collagen Type I & III

Supports Hair, Skin, Nails, Joint & Bone*



LAKE AVENUE®
NUTRITION

Dietary Supplement 60 Tablets

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 (Silica), Magnesium Stearate, and Stearic Acid.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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