

Nutritional Information

Product Name: Organic Chlorella Powder – Broken Cell Wall

Ingredient	Per 100g	Method
Energy (calories)	437.3	Handbook No.8, pp 159-160, (1975)
Calories from fat (calories)	134	Calculation
Ash (g)	4.5	AOAC 923.03
Moisture (g)	4.8	AOAC 925.09 and 926.08
Protein (g)	60.9	AOAC 968.06 and 992.15
Amino acids		
Aspartic Acid/Asparagine (g)	5.06	HPLC
Threonine (g)	2.62	HPLC
Serine (g)	2.38	HPLC
Glutamic Acid/Glutamine (g)	6.60	HPLC
Proline (g)	2.46	HPLC
Glycine (g)	3.34	HPLC
Alanine (g)	4.22	HPLC
Valine (g)	3.37	HPLC
Methionine (g)	0.87	HPLC
Isoleucine (g)	2.21	HPLC
Leucine (g)	5.17	HPLC
Tyrosine (g)	1.97	HPLC
Histidine (g)	1.10	HPLC
Lysine (g)	3.68	HPLC
Arginine (g)	3.27	HPLC
Cystine (g)	0.27	HPLC
Total Nucleotides (mg)	131.2	HPLC
AMP (mg)	10	HPLC
GMP (mg)	32.2	HPLC
CMP (mg)	24	HPLC
IMP (mg)	32	HPLC
UMP (mg)	33	HPLC
Fats (g)	14.9	AOAC 922.06 and 954.02
Saturated fats (g) (calculated as acids)	2.71	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Monounsaturated fat (g), Cis + Trans isomers (calculated as acids)	0.58	AOAC 996.06 and AOCS: Ce 1c –62 by GC

Polyunsaturated fat (g), Cis + Trans isomers (calculated as acids)	6.10	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Omega 3 (g) (calculated as triglycerides)	4.08	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Omega 6 (g) (Calculated as triglycerides)	2.30	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Fatty acids as triglycerides		
Caprylic 8:0 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Capric 10:0 (g)	<.0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Lauric 12:0 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Myristic 14:0 (g)	0.11	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Myristoleic 14:1 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Pentadecanoic 15:0 (g)	0.02	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Pentadecenoic 15:1 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Palmitic 16:0 (g)	2.16	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Palmitoleic 16:1(g)	0.10	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Heptadecanoic 17:0(g)	0.02	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Heptadecenoic 17:1(g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Stearic 18:0(g)	0.43	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Oleic 18:1(g)	0.51	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Linoleic 18:2 (g)	2.20	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Arachidic 20:0 (g)	0.05	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Gamma linolenic (GLA) 18:3 (g)	0.07	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Eicosenoic 20:1 (g)	<0.01	AOAC 996.06 and

		AOCS: Ce 1c –62 by GC
Linolenic (ALA) 18:3 (g)	4.05	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Octadecatetraenoic 18:4 (g)	0.03	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Eicosadienoic 20:2 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Behenic 22:0 (g)	0.03	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Erucic 22:1 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Eicosatrienoic 20:3 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Arachidonic (ARA) 20:4 (g)	0.03	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Eicosapentaenoic (EPA) 20:5 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Lignoceric 24:0 (g)	0.02	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Docosapentaenoic (DPA) 22:5 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Docosahexaenoic (DHA) 22:6 (g)	<0.01	AOAC 996.06 and AOCS: Ce 1c –62 by GC
Sum of quantified fatty acids (calculated as triglycerides) (g)	9.83	Calculation
Carbohydrates (g)	14.90	USDA handbook #8
Total sugar (g)	0.30	AOAC 982.14
Fructose (g)	<0.10	AOAC 982.14
Glucose (g)	<0.10	AOAC 982.14
Sucrose (g)	<0.10	AOAC 982.14
Maltose (g)	0.30	AOAC 982.14
Lactose (g)	<0.1	AOAC 982.14
Fiber (g)	16.5	AOAC 991.43
Mineral		
Sodium (mg)	63.7	AOAC 984.27 and 985.01
Potassium (mg)	690	AOAC 969.23
Magnesium (mg)	360	AOAC 969.23
Iron (mg)	210	AOAC 969.23
Zinc (mg)	13	AOAC 969.23
Vitamin		
Vitamin A as Beta Carotene (IU)	104000	AOAC 981.17
Vitamin B1 (Thiamin)(mg)	1.29	AOAC 942.23

Vitamin B2 (Riboflavin)(mg)	0.542	AOAC 981.15
Vitamin B3 (Niacin)(mg)	98	HPLC
Vitamin B6 (mg)	0.88	The Reporter Vol 18.3
Vitamin B12 (mcg)	20	AOAC 958.20
Vitamin C (mg)	2640	HPLC
Vitamin E (IU)	1100	HPLC
Vitamin K ₂ (mcg)	21030	HPLC
Pigments		
Chlorophyll a (mg)	3000	AOAC 924.04
Mixed Carotenoids (mg)	971.4	HPLC

Values are approximate and calculated. This information is presented in good faith. However, due to the variability of raw materials and processing, we cannot guarantee that these values are accurate for any specific lots of product.