

Nutritional Information

Product Name: Organic Spirulina Powder

Ingredient	Units per 100 g	Method
Energy (calories)	383.0	Handbook No.8, pp 159-160, (1975)
Calories from fat	54.0	USDA handbook #8
Ash (g)	5.4	AOAC 923.03
Moisture (g)	6.3	AOAC 925.09 and 926.08
Superoxide dismutases (UI)	50000	Dojindo Kit-WST S311
Protein (g)	65	AOAC 981.10
Amino Acids		
Aspartic Acid/Asparagine (g)	6.65	HPLC
Threonine (g)	2.79	HPLC
Serine (g)	2.73	HPLC
Glutamic Acid/Glutamine (g)	8.53	HPLC
Proline (g)	2.26	HPLC
Glycine (g)	2.58	HPLC
Alanine (g)	4.03	HPLC
Valine (g)	4.29	HPLC
Methionine (g)	1.39	HPLC
Isoleucine (g)	3.03	HPLC
Leucine (g)	4.99	HPLC
Tyrosine (g)	2.57	HPLC
Phenylalanine (g)	2.55	HPLC
Histidine (g)	1.04	HPLC
Lysine (g)	2.89	HPLC
Arginine (g)	4.35	HPLC
Cystine (g)	6.40	HPLC
Tryptophan (g)	1.91	HPLC
Fats (g)	6	AOAC 922.06
Saturated fats (g)	2.93	AOAC 922.06
Monounsaturated fats (g)	0.44	AOAC 922.06
Polyunsaturated fats (g)	2.37	AOAC 922.06
Fatty acids as triglycerides		
Caprylic (g)	< 0.02	AOCS Ce 1c-62, by GC

Capric (g)	< 0.02	AOCS Ce 1c-62, by GC
Lauric (g)	< 0.02	AOCS Ce 1c-62, by GC
Myristic (g)	< 0.02	AOCS Ce 1c-62, by GC
Myristoleic (g)	< 0.02	AOCS Ce 1c-62, by GC
Pentadecanoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Pentadecenoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Palmitic (g)	2.99	AOCS Ce 1c-62, by GC
Palmitoleic(g)	0.24	AOCS Ce 1c-62, by GC
Heptadecanoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Heptadecenoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Stearic (g)	0.08	AOCS Ce 1c-62, by GC
Oleic (g)	0.22	AOCS Ce 1c-62, by GC
Linoleic (g)	1.22	AOCS Ce 1c-62, by GC
Arachidic (g)	< 0.02	AOCS Ce 1c-62, by GC
Gamma linolenic (GLA) (g)	1.25	AOCS Ce 1c-62, by GC
Eicosenoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Linolenic (ALA) (g)	< 0.02	AOCS Ce 1c-62, by GC
Octadecatetraenoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Eicosadienoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Behenic (g)	< 0.02	AOCS Ce 1c-62, by GC
Erucic (g)	< 0.02	AOCS Ce 1c-62, by GC
Eicosatrienoic (g)	< 0.02	AOCS Ce 1c-62, by GC
Arachidonic (ARA) (g)	< 0.02	AOCS Ce 1c-62, by GC
Eicosapentaenoic (EPA) (g)	< 0.02	AOCS Ce 1c-62, by GC
Lignoceric (g)	< 0.02	AOCS Ce 1c-62, by GC
Docosapentaenoic (DPA) (g)	< 0.02	AOCS Ce 1c-62, by GC
Docosahexaenoic (DHA) (g)	< 0.02	AOCS Ce 1c-62, by GC
Omega 3 (g)	< 0.02	AOCS Ce 1c-62, by GC
Omega 6 (g)	2.47	AOCS Ce 1c-62, by GC
Carbohydrates (g)	17.3	USDA handbook #8
Total sugar (g)	< 0.1	AOAC 982.14
Fructose	< 0.1	AOAC 982.14
Glucose	< 0.1	AOAC 982.14
Sucrose	< 0.1	AOAC 982.14
Maltose	< 0.1	AOAC 982.14
Lactose	< 0.1	AOAC 982.14

Fiber (g)	2.1	AOAC 991.43
Minerals		
Phosphorous (mg)	637	AOAC 965.17
Sodium (mg)	364	AOAC 984.27
Potassium (mg)	1047	AOAC 969.23
Manganese (mg)	2.8	AOAC 969.23
Calcium (mg)	125	AOAC 969.23
Chromium (mg)	0.12	SMEWW3113B
Magnesium (mg)	266	AOAC 969.23
Iron (mg)	56.7	AOAC 969.23
Zinc (µg)	2700	AOAC 969.23
Iodine (µg)	1400	Ion Spec Electrode
Vitamin		
Vitamin A as betacarotene(IU)	273300	AOAC 941.15
Vitamin B ₁ (mg)	3.3	HPLC
Vitamin B ₂ (mg)	1.2	HPLC
Vitamin B ₃ (mg)	17.2	HPLC
Vitamin B ₅ (mg)	92.9	The Reporter vol 18.3
Vitamin B ₆ (mg)	1.7	The Reporter vol 18.3
Vitamin B ₁₂ (mcg)	168	AOAC 952.20/45.2.02
Vitamin E (IU)	4.4	AOAC 971.30 (NFIA)
Vitamin K (mg)	0.963	JAOAC Vol. 71 No. 4, 1988, pg 826
Pigments		
Chlorophyll (mg)	1,250	AOAC 924.04
Carotenoids (mg)	1001.3	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.