

Organic Spirulina Composition (Values per 100g)

GENERAL COMPOSITION

Protein	60%
Fat	5.9%
Fibre	2.5%
Carbohydrate	10.5%
Calorie	350kcal
Energy	1463kJ
Mesh	120
Colour	Dark Green flowing powder
Taste	Mild, similar to seaweed

AMINO ACIDS

Isoleucine	3.26g
Leucine	5.63g
Lysine	3.10g
Methionine	1.43g
Phenylalanine	2.65g
Tryptophan	1.32g
Valine	3.64g
Alanine	4.88g
Arginine	4.45g
Aspartic acid	5.90g
Cystine	0.19g
Glutamic acid	10.64g
Glycine	2.97g
Histidine	0.99g
Proline	2.39g
Serine	2.90g
Tyrosine	2.51g
Threonine	3.15g

FATTY ACIDS

Saturated fatty acid	1.10g
Unsaturated fatty acid	2.23g
Linoleic acid	0.83g
Gamma- linolenic acid	0.94g
Alpha- linolenic acid	1.57mg

VITAMINS

Thiamin (B1)	4.4mg
Riboflavin (B2)	6.99mg
Niacin(B3)	5.9mg
Pyridoxine (B6)	18.4mg
Cyanocobalamin (B12)	160mcg
Vitamin C	1.4mg
Vitamin(D)	240IU
Vitamin K	1.3mg
Pantothenic acid	110mcg
Folic acid	27mcg
Inositol	64mg
Tocopherol (E)	13mg

MINERALS

Calcium	270mg
Phosphorus	950mg
Iron	82.7mg
Sodium	700mg
Iodine	1800mcg
Magnesium	270mg
Manganese	4.4mg
Selenium	700mcg
Zinc	3.324mg
Potassium	1040mg
Selenium	0.7mg
Chromium	280mcg
Copper	0.195mg
Aluminium	0.21mg

PHYTONUTRIENTS

Carotenoids	451mg
Beta-carotene	165mg
(Pro Vitamin A)	550000 IU
Chlorophyll	1179mg
Chlorophyll-a	865mg
Phycocyanin	12.8g
RNA-Ribonucleic acid	0.3mg
DNA-Deoxyribonucleic acid	0.08mg