

Nutritional Information

Product Name: Perfect Aquatic Greens Powder

Serving Size: 3 grams

(To calculate serving size, divide results by 100 then multiply by 3)

Ingredient	Units Per 100g	Method
Energy (calories)	410.2	Handbook No.8, pp 159-160, (1975)
Calories from fat (calories)	94.0	Calculation
Moisture	5.6 %	AOAC 925.09 and 926.08
Ash	5.0 %	AOAC 923.03
Protein	63 %	AOAC 968.06 and 992.15
Amino acids		
Aspartic Acid/Asparagine	5.86	HPLC
Threonine	2.71	HPLC
Serine	2.56	HPLC
Glutamic Acid/Glutamine	7.57	HPLC
Glycine	2.96	HPLC
Alanine	4.13	HPLC
Valine	4.06	HPLC
Methionine	1.13	HPLC
Isoleucine	2.62	HPLC
Leucine	5.08	HPLC
Tyrosine	2.27	HPLC
Histidine	1.07	HPLC
Lysine	3.29	HPLC
Arginine	3.81	HPLC
Proline	2.36	HPLC
Cystine	3.34	HPLC
Fat	10.5 %	AOAC 922.06 and 954.02

Fatty acids as triglycerides		
8:0 Caprylic	< 0.02	AOAC 996.06 and AOCS: Ce 1c –62 by GC
10:0 Capric	< 0.02	
12:0 Lauric	< 0.02	
14:0 Myristic	0.07	
14:1 Myristoleic	< 0.02	
15:0 Pentadecanoic	0.02	
15:1 Pentadecenoic	< 0.01	
16:0 Palmitic	2.58	
16:1 Palmitoleic	0.17	
17:0 Heptadecanoic	0.02	
17:1 Heptadecenoic	< 0.02	
18:0 Stearic	0.26	
18:1 Oleic	0.37	
18:2 Linoleic	1.71	
20:0 Arachidic	0.03 %	
18:3 Gamma Linolenic (GLA)	0.66	
20:1 Eicosenoic	< 0.02	
18:3 Linolenic (ALA)	2.04	
18:4 Octadecatetraenoic	0.02	
20:2 Eicosadienoic	< 0.02	
22:0 Behenic	0.02	
22:1 Erucic	< 0.02	
20:3 Eicosatrienoic	< 0.02	
20:4 Arachidonic (ARA)	0.02	
20:5 Eicosapentaenoic (EPA)	< 0.02	
24:0 Lignoceric	0.02	
22:5 Docosapentaenoic (DPA)	< 0.02	
22:6 Docosahexaenoic (DHA)	< 0.02	
Saturated fats	2.82 %	
Monounsaturated fats	0.51 %	
Polyunsaturated fat	4.24 %	

Omega 3	2.04 %	
Omega 6	2.39 %	
Carbohydrate	16.1 %	USDA handbook #8
Total sugar	0.2 %	AOAC 982.14
Fructose	<0.1 %	AOAC 982.14
Glucose	<0.1 %	AOAC 982.14
Sucrose	<0.1 %	AOAC 982.14
Maltose	0.2 %	AOAC 982.14
Lactose	<0.1 %	AOAC 982.14
Vitamin		
Vitamin A	188650 IU	AOAC 981.17
Thiamin (Vitamin B1)	2.3 mg	AOAC 942.23
Riboflavin (Vitamin B2)	0.9 mg	AOAC 981.15
Niacin (Vitamin B3)	57.6 mg	HPLC
Vitamin B6	1.3 mg	The Reporter Vol 18.3
Vitamin B12	94 mcg	AOAC 958.20
Vitamin E (IU)	552.2	HPLC
Vitamin K	10515 mcg	HPLC
Mineral		
Iron	133.4 mg	AOAC 969.23
Zinc	7.9 mg	AOAC 969.23
Magnesium	313.0 mg	AOAC 969.23
Potassium	869 mg	AOAC 969.23
Iodine	1585 mcg	Ion Spec Electrode
Sodium	214 mg	AOAC 984.27 and 985.01
Pigments		
Chlorophyll a	2125 mg	AOAC 924.04
Mixed carotenoids	986.4 mg	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.