

Nutrition Data*:

Ascophyllum nodosum (dried)

Typical Analysis

Ash (Minerals)	22%
Carbohydrates	52%
Alginic Acid	18.0% - 27.0%
Laminarin	2.0% - 5.0%
Mannitol	3.0% - 8.0%
Other Sugars	20.0% - 22.0%
Crude Fibre	6%
Crude Protein	6%
Fat	2%
Moisture	12%

Vitamins

Biotin (Vitamin H)	0.1 - 0.4 mcg/g
Carotene	30 - 60 mcg/g
Folic Acid	0.1 - 0.5 mcg/g
Folinic Acid	0.1 - 0.5 mcg/g
L-ascorbic acid (Vitamin C)	100 - 2000 mcg/g
Niacin (Vitamin B3)	10 - 30 mcg/g
Riboflavin (Vitamin B2)	5 - 10 mcg/g
Thiamin (Vitamin B1)	1 - 5 mcg/g
Tocopherols (Vitamin E)	150 - 300 mcg/g
Vitamin B12	<0.004 mcg/g
Vitamin K	<10 mcg/g

Amino Acids

Expressed as grams of amino acid nitrogen per 100g of protein nitrogen

Alanine	5.3
Arginine	8.0
Aspartic Acid	6.9
Cystine	trace
Glutamic Acid	10.0
Glycine	5.0
Histidine	1.3
Isoleucine	2.8
Leucine	4.6
Lysine	4.9
Methionine	0.7
Phenylalanine	2.3
Proline	2.6
Serine	3.0
Threonine	2.8
Tryptophan	trace
Tyrosine	0.9
Valine	3.7

Minerals

Aluminium	20 - 100 mcg/g
Arsenic	<3 mcg/g
Barium	15 - 50 mcg/g
Beryllium	<1 mcg/g
Boron	80 - 100 mcg/g
Cadmium	<1 mcg/g
Calcium	1.0% - 3.0%
Chlorine	1.0% - 3.0%
Chromium	<1 mcg/g
Cobalt	1 - 10 mcg/g
Copper	4 - 15 mcg/g
Iodine	400 - 800 mcg/g
Iron	150 - 1000 mcg/g
Lead	<1 mcg/g
Magnesium	0.5% - 1.0%
Manganese	10 - 50 mcg/g
Mercury	<0.001 mcg/g
Molybdenum	<1 mcg/g
Nickel	1 - 5 mcg/g
Nitrogen	0.6% - 2.0%
Phosphorus	0.1% - 0.2%
Potassium	2.0% - 3.0%
Selenium	3 - 4 mcg/g
Sodium	2.4% - 4.0%
Strontium	100 - 200 mcg/g
Sulphur	2.0% - 2.3%
Tin	<10 mcg/g
Titanium	3 - 6 mcg/g
Vanadium	2 - 5 mcg/g
Zinc	35 - 100 mcg/g

*Values are approximate due to seasonal and harvesting factors

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