



Nutrition Analysis

Organic Nu-MAG™

Amounts per 100g

BASIC COMPONENTS	AMOUNT
Calories (USA)	338
Calories (non-USA)	374
Total Fat	24g
Saturated Fat	4g
Monounsaturated Fat	16g
Polyunsaturated Fat	4g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	52g
Total Dietary Fiber	41g
Soluble Fiber	23g
Insoluble Fiber	11g
Total Sugars	3g
Monosaccharides	
Galactose	0g
Glucose	0.2g
Fructose	0.3g
Disaccharides	
Lactose	0g
Sucrose	2.4g
Maltose	0g
Added Sugars	0g
Other Carbs	4g
Protein	8g
Ash	9g
Water	7g
VITAMINS	
Vitamin A	0mcg
A-Beta Carotene	0mcg
A-Carotenoid	0mcg
A-Retinol	0mcg
Thiamine - B1	2mg
Riboflavin - B2	0mg
Niacin - B3	18mg
Niacin Equiv	
Vitamin B6	1mg
Vitamin B12	1mcg
Biotin - B7	18mcg
Vitamin C	0mg
Vitamin D	0mcg
Vitamin E	0.14mg
Folate	27mcg
Vitamin K	0mcg
Pantothenic Acid - B5	3mg

MINERALS	AMOUNT
Boron	
Calcium	960mg
Chloride	
Chromium	
Copper	352mcg
Fluoride	
Iodine	7mcg
Iron	5mg
Magnesium	400mg
Manganese	21mg
Molybdenum	
Phosphorus	1200mg
Potassium	640mg
Selenium	
Sodium	32mg
Zinc	2mg
SATURATED FAT	% of Fat
4:0 - Butyric	
6:0 - Caprioc	
8:0 - Caprylic	
10:0 - Capric	
12:0 - Lauric	
15:0 - Pentadecanoic	
16:0 - Palmitic	14.0
17:0 - Margaric	
18:0 - Stearic	2.9
20:0 - Arachidic	
22:0 - Behenate	
24:0 - Lignoceric	
MONOUNSATURATED FATS	
14:1 - Myristol	
15:1 - Pentadecenoic	
16:1 - Palmitol	
17:1 - Heptadecenoic	
18:1 - Oleic	69.2
20:1 - Eicosen	
22:1 - Erucic	
24:1 - Nervonic	

POLYUNSATURATED FAT	AMOUNT
18:2 - Linoleic	11.6
18:3 - Linolenic	2.3
18:4 - Stearidon	
20:3 - Eicosatrienoic	
20:4 - Arachidon	
20:5 - EPA	
22:5 - DPA	
22:6 - DHA	
OTHER FATS	
Omega 3 Fatty Acids	
Omega 6 Fatty Acids	
AMINO ACIDS	% of Protein
Alanine	
Arginine	
Aspartate	
Cystine	
Glutamate	
Glycine	
Histidine	
Isoleucine	
Leucine	
Lysine	
Phenylalanine	
Proline	
Serine	
Threonine	
Tryptophan	
Tyrosine	
Valine	
OTHER	
Alcohol	0
Caffeine	0
Artificial Sweetener	0
Aspartame	
Saccharin	
Sugar Alcohol	N/T
Glycerol	
Inositol	
Mannitol	
Sorbitol	
Xylitol	
Acetic Acid	
Citric Acid	
Lactic Acid	
Malic Acid	
Choline (chloride)	
Taurine	

