



# Nutrition Analysis

Organic Nu-MAG®

Amounts per 100g

| BASIC COMPONENTS           | AMOUNT |
|----------------------------|--------|
| Calories (USA)             | 338    |
| Calories (non-USA)         | 374    |
| <b>Total Fat</b>           | 24g    |
| Saturated Fat              | 4g     |
| Monounsaturated Fat        | 16g    |
| Polyunsaturated Fat        | 4g     |
| Trans Fat                  | 0g     |
| <b>Cholesterol</b>         | 0mg    |
| <b>Total Carbohydrates</b> | 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     |
| <b>Protein</b>             | 8g     |
| <b>Ash</b>                 | 9g     |
| <b>Water</b>               | 7g     |
| <b>VITAMINS</b>            |        |
| 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             |
| <b>SATURATED FAT</b>        | <b>% of Fat</b> |
| 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           |                 |
| <b>MONOUNSATURATED FATS</b> |                 |
| 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            |                     |
| <b>OTHER FATS</b>     |                     |
| Omega 3 Fatty Acids   |                     |
| Omega 6 Fatty Acids   |                     |
| <b>AMINO ACIDS</b>    | <b>% of Protein</b> |
| Alanine               |                     |
| Arginine              |                     |
| Aspartate             |                     |
| Cystine               |                     |
| Glutamate             |                     |
| Glycine               |                     |
| Histidine             |                     |
| Isoleucine            |                     |
| Leucine               |                     |
| Lysine                |                     |
| Phenylalanine         |                     |
| Proline               |                     |
| Serine                |                     |
| Threonine             |                     |
| Tryptophan            |                     |
| Tyrosine              |                     |
| Valine                |                     |
| <b>OTHER</b>          |                     |
| 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               |                     |

