



# Nutrition Analysis

Nu-SORB® Oil (conventional or organic)

Amounts per 100g (calculated)

| BASIC COMPONENTS          | AMOUNT |
|---------------------------|--------|
| Calories (USA)            | 33     |
| Calories from Fat (USA)   | 17     |
|                           |        |
| <b>Total Fat</b>          | 2g     |
| Saturated Fat             | 0.4g   |
| Trans Fat                 | 0g     |
|                           |        |
| <b>Cholesterol</b>        | 30mg   |
|                           |        |
| <b>Total Carbohydrate</b> | 76g    |
| Dietary Fiber             | 75g    |
| Soluble Fiber             | 0.2g   |
| Insoluble Fiber           | 75g    |
| Total Sugars              | 0.4g   |
| Added Sugars              | 0g     |
|                           |        |
| <b>Protein</b>            | 3g     |
|                           |        |
| <b>Ash</b>                | 15g    |
|                           |        |
| <b>Water</b>              | 4g     |

| VITAMINS / MINERALS | AMOUNT   |
|---------------------|----------|
| Vitamin D           | < 0.4mcg |
| Calcium             | 64mg     |
| Iron                | 8mg      |
| Potassium           | 558mg    |
| Silica              | 12.4mg   |
| Sodium              | 44.6mg   |