



Nutrition Analysis

Organic Nu-FLOW®

Amounts per 100g

BASIC COMPONENTS	AMOUNT
Calories (USA)	16
Calories from Fat (USA)	4
Calories from Carbohydrates (USA)	1
Calories (non-USA)	162
Calories from Fat (non-USA)	4
Calories from Carbohydrates (non-USA)	146
Total Fat	0.4g
Saturated Fat	0.2g
Monounsaturated Fat	0.1g
Polyunsaturated Fat	0.1g
<i>Trans</i> Fat	0g
Cholesterol	0mg
Total Carbohydrate	73.3g
Digestible Carbohydrate	0.2g
Dietary Fiber	73.1g
Soluble Fiber	0.2g
Insoluble Fiber	73.1g
Total Sugars	0.2g
Glucose	0g
Fructose	0g
Sucrose	0.2g
Maltose	0g
Lactose	0g
Added Sugars	0g
Protein	3g
Ash	19.3g
Water	4g

VITAMINS / MINERALS	AMOUNT
Vitamin D	< 0.55mcg
Calcium	57.0mg
Iron	10.3mg
Potassium	571mg
Phosphorus	38.7mg
Sodium	15.5mg
Silica	17.7g

