

Serving Size 4.75g

Nutritional Info	Hydrilla	Chlorella	Spirulina
Dietary Fiber	2 g (8%)	0.1 g	0.12 g
Sugars	<1 g (0%)		
Protein	0.65 g	2.73 g	2.85 g
Vitamin A	5454 i.u. (109%)	21375 i.u.	26125 i.u.
Vitamin C	6.53 mg (11%)	0.12 mg	0.07 mg
Vitamin E	2.77 i.u. (9%)	0.46 i.u.	0.68 i.u.
Thiamin	7.2 mg (480%)	0.06 mg	0.21 mg
Riboflavin	0.26 mg (15%)	0.15 mg	0.33 mg
Niacin	13 mg (65%)	2.8 mg	0.28 mg
Vitamin B6	4.5 mg (225%)	.05 mg	0.87 mg
Vitamin B12	475 mcg (7,750%)	2.38 mcg	7.6 mcg
Pantothenic Acid	8.4 mg (84%)	0.01 mg	0.005 mg
Calcium	624 mg (62.4%)	15.7 mg	12.83 mg
Chromium	7.4 mcg (6%)	-	13.3 mcg
Copper	174 mcg (8.7%)	-	0.009 mcg
Iron	4.6 mg (25%)	10 mg	3.93 mg
Phosphorus	12 mg (1.2%)	57.5 mg	45.13 mg
Magnesium	38.3 mg (9.6%)	17.1 mg	12.83 mg
Molybdenum	8.7 mcg (11.7%)	-	-
Selenium	1.25 mcg (2%)	-	30 mcg
Zinc	0.3 mg (2%)	10 mg	0.16 mg
Boron	65 mcg*	-	-
Cobalt	174 mcg*	-	-
Silica	32.7 mg*	-	-
GLA (gamma linolenic acid)	3 mg*	-	44.65 mg*
Chlorophyll	16 mg*	83 mg*	56 mg*
Polysaccharides	2 g*	-	-

Numbers appearing in parenthesis are Daily Values (%DV) for the given nutrient.

* No Daily Value (%DV) established

** No data available is indicated by a dash (-).