

Alkaline Super Foods

Typical Analysis – Powders

<u>Nutrient Values</u>		<u>Alfalfa</u>	<u>Barley</u>	<u>Wheat</u>
Energy	Kj/100g	1500	1500	1450
Protein	g/100g	32	27	24
Fat - Total	g/100g	3.5	4.4	4.5
- Saturated	g/100g	1.1	0.8	0.6
- Trans	g/100g	< 0.05	< 0.05	< 0.05
- Polyunsaturated	g/100g	2.3	2.7	2.7
- Monounsaturated	g/100g	0.2	0.2	0.2
- Omega – 3	g/100g	1.6	6.5	6.3
- Omega – 6	g/100g	0.7	0.6	0.5
- Omega – 9	g/100g	0.1	0.1	0.1
Dietary Fibre	g/100g	3.9	37	43
Moisture	g/100g	5.3	5.2	4.3
Carbohydrates - Total	g/100g	17.1	14.8	15.6
- Sugars	g/100g	1.1	4.9	8.3
Chlorophyll	mg/100g	550	600	600
Ash	g/100g	12.1	12.5	10.7
<u>Vitamins</u>				
Vitamin A (retinal)	ug/100g	< 5	< 5	< 5
Vitamin A (a carotene)	ug/100g	< 5	< 5	< 5
Vitamin A (b carotene)	ug/100g	54000	36000	46000
Total retinal equivalents	ug/100g	900	600	767
Vitamin B1 (thiamine)	mg/100g	0.2	0.5	0.4
Vitamin B2 (riboflavin)	mg/100g	1.1	0.9	0.8
Vitamin B3 (niacin)	mg/100g	5.3	1.9	4
Vitamin B5 (pantothenic acid)	mg/100g	0.1	0.1	0.1
Vitamin B6 (pyridoxine)	mg/100g	2.9	2.6	2.6
Vitamin B12 (cobalamin)	mg/g	0.14	0.5	0.2
Vitamin C	mg/100g	230	410	245
Vitamin D3	ug/100g	< 5	< 5	< 5
Vitamin E	mg/100g	4.1	1.5	1.3
Vitamin K1	ug/100g	< 10	27	24
Vitamin K3	ug/100g	19.3	10.8	16.8
Biotin	mg/g	< 0.1	< 0.1	< 0.1
Folate	mg/100g	0.92	1.18	1.04
<u>Minerals</u>				
Calcium	mg/100g	1500	530	520
Cobalt	ug/100g	2.70	3.1	6.80
Copper	mg/100g	0.6	0.66	0.68
Iron	mg/100g	15	14	22
Iodine	ug/100g	15	20	55
Magnesium	mg/100g	300	290	180
Manganese	mg/100g	2.6	3	7.4
Phosphorus	mg/100g	425	490	360
Potassium	mg/100g	3400	3900	3700
Selenium	mg/100g	< 0.1	0.23	0.39
Sodium	mg/100g	480	360	380
Sulphur	mg/100g	41.0	340	400
Zinc	mg/100g	2.1	2.1	2.0
<u>Amino Acids</u>				
Alanine	g/100g	26	3.9	3.6
Arginine	g/100g	0.6	0.8	0.8
Aspartic Acid	g/100g	2.6	2.5	2.6
Cystine	g/100g	0.3	0.3	0.3
Glutamic Acid	g/100g	2.2	2.9	3.5
Glycine	g/100g	1	1.3	1.4
Histidine	g/100g	0.6	0.6	0.6
Isoleucine	g/100g	1	1.2	1.2
Leucine	g/100g	1.7	2.1	2.2
Lysine	g/100g	1.3	1.5	1.5
Methionine	g/100g	0.3	0.5	0.6
Phenylalanine	g/100g	1.2	1.4	1.5
Proline	g/100g	1.4	1.6	1.7
Serine	g/100g	1	1.1	1.2
Threonine	g/100g	1.1	1.3	1.3
Tryptophan	g/100g	0.4	0.7	0.5
Tyrosine	g/100g	0.8	1	1
Valine	g/100g	1.3	1.6	1.6

Note:

Nutrigreen leaf powders are entirely natural and consequently nutritional values will alter from time to time. The above data shows typical values only, therefore product, as supplied, may vary from these specifications.