



Earthrise Nutritionals LLC

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**Earthrise®Spirulina Natural Powder
Nutritional Profile ^a**

Composition	Per 100 grams
1. Macronutrients ^b	
Calories	386 Cal
Fat	7.5 g
Total Carbohydrates	14 g
Total Deitary Fiber	7.9 g
Protein	69.7 g
Essential Amino Acid	
Histidine	1060 mg
Isoleucine	3700 mg
Leucine	5700 mg
Lysine	3320 mg
Methionine	1340 mg
Phenylalanine	2900 mg
Threonine	3050 mg
Tryptophan	828 mg
Valine	3700 mg
Non-Essential Amino Acids	
Alanine	4530 mg
Arginine	5000 mg
Aspartic Acid	6190 mg
Cystine	551 mg
Glutamic Acid	9300 mg
Glycine	3270 mg
Proline	2280 mg
Serine	2850 mg
Tyrosine	2940 mg
2. Vitamins ^c	
Vitamin A (as 100%β-Carotenes)	250,500 IU
Vitamin K	0.86 mg
Vitamin B1 (Thiamin)	0.07 mg
Vitamin B2 (Riboflavin)	4.13 mg
Vitamin B3 (Niacin)	15.2 mg
Vitamin B6 (Pyridoxine)	0.95 mg
Vitamin B12	0.17 mg

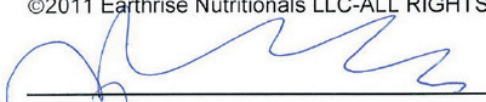
Composition	Per 100 grams
3. Minerals ^c	
Calcium	177 mg
Chromium	0.96 mg
Copper	0.60 mg
Iodine	1.78 mg
Iron	67.5 mg
Magnesium	259 mg
Manganese	3.05 mg
Phosphorus	943 mg
Potassium	1640 mg
Selenium	0.02 mg
Sodium	521 mg
Zinc	1.81 mg
4. Phytonutrients ^c	
Phycocyanin	≥ 10 g
Chlorophyll	0.9 g
Gamma Linoleic Acid (GLA)	1.32 g
Linoleic Acid (LA)	1.26 g
Total Carotenoids	385 mg
Beta Carotenes	150 mg
Zeaxanthin	95 mg

^a This is a natural product. The nutrient data may vary from one lot to another

^b Macronutrients data are based on most recent proximate analysis. Actual label claims in USA are based on minimum values observed

^c The data guaranteed values

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Date