



Golden Chlorella® GC50



Values for 100 g Golden Chlorella® powder:

Energy: 363 kcal/ 1519 kJ

Macro Composition:

Protein	47,9 g
Lipids	9,2 g
...monounsaturated fatty acids	3,8 g
...polyunsaturated fatty acids	3,1 g
...saturated fatty acids	1,9 g
Carbohydrates	12,7 g
... sugars	6,6 g
Fiber	18,6 g
Salt	0,1 g
Water	4,5 g

Amino acid (AA) profile:

Alanine	3,10 g
Arginine	6,72 g
Aspartic acid	3,50 g
Cystine	0,46 g
Glutamic Acid	4,76 g
Glycine	1,93 g
Histidine*	0,74 g
Isoleucine*	1,27 g
Leucine*	2,74 g
Lysine*	2,32 g
Methionine*	0,83 g
Phenylalanine*	1,39 g
Proline	1,81 g
Serine	1,57 g
Threonine*	1,61 g
Tryptophan*	0,56 g
Tyrosine	1,16 g
Valine*	2,23 g

*Essential AA

Fatty acids:

Omega 3	1,6 g
Omega 6	1,6 g

Vitamins:

Vitamin A	<21 µg
Vitamin B1 (Thiamin)	0,1 mg
Vitamin B2 (Riboflavin)	0,5 mg
Vitamin B3 (Niacin)	18,6 mg
Vitamin B5	0,4 mg
Vitamin B6	0,7 mg
Vitamin B8 (Biotin)	211 µg
Vitamin B9 (Folate)	1530 µg
Vitamin B12	<0,25 µg
Vitamin C	44,8 mg
Vitamin D	<0,25 µg
Vitamin E	1,0 mg
Vitamin K	18,9 µg

Minerals:

Sodium (Na)	39,1 mg
Calcium (Ca)	200 mg
Iron (Fe)	13 mg
Potassium (K)	1400 mg
Magnesium (Mg)	340 mg
Phosphorus (P)	2600 mg
Zinc (Zn)	2,1 mg

Carotenoids:

Lutein	5,4 mg
Zeaxanthin	2,9 mg
Astaxanthin	0,5 mg
Cantaxanthine	0,1 mg

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