

Genus: Aphanizomenon
Species: *flos-aquae*
Plant Part: 100% Whole Algae

Dry Method: **Refractance Window**
Appearance: Powder/Capsules
Color: Green to Blue-Green

Data listed below are averages only and not to be considered as guaranteed, expressed or implied and are not as condition of sale. As with any wild-crafted product, seasonal variations can and will occur since its feed and growth are not artificially controlled.

Typical Nutrient Composition (per 1 gram)			
Calories	5.0	Total Carbohydrates	0.19 g
Calories from Fat	<1	Dietary Fiber	0.05 g
Total Fat *	0.07 g	Sugars	< 1 g
Saturated Fat	0.04 g	Protein	0.63 g
Trans Fat	0.00 g	C-Phycocyanin	120.00 mg
Cholesterol	0.00 g	Phenylethylamine (PEA)	12 mg
Sodium	2.80 mg	Moisture:	2 – 7%

Vitamins			
Provitamin A Beta Carotene	296 IU	E (alpha-tocopherol)	<1 IU
B1 (Thiamine)	120.00 mcg	C (Ascorbic Acid)	None Detected
B2 (Riboflavin)	257.00 mcg	Biotin	<1 mcg
B3 (Niacin)	1.05 mg	Choline	Not Tested
B5 (Pantothenic Acid)	Not Tested	Folic Acid	<1 mcg
B6 (Pyridoxine)	3.8 mcg	Inositol	Not Tested
B12 (Cobalamin) **	1.43 mcg	K	.151 mcg

Minerals			
Calcium	9.7 mg	Manganese	26.5 mcg
Chromium	0.91 mcg	Potassium	122.1 mg
Iron	0.45 mg	Selenium	None Detected
Magnesium	2.95 mg	Zinc	9.00 mcg

Minerals: Present in Trace Amounts Only ***			
Boron	Flouride	Nickel	Titanium
Chloride	Germanium	Phosphorus	Vanadium
Cobalt	Iodine	Silicon	
Copper	Molybdenum	Tin	

Amino Acids			
Aspartic Acid	64.8 mg	Methionine	6.6 mg
Threonine	33.8 mg	Isoleucine	28.5 mg
Serine	30.9 mg	Leucine	48.8 mg
Glutamic Acid	69.6 mg	Tyrosine	30.9 mg
Proline	18.6 mg	Phenylalanine	29.7 mg
Glycine	26.7 mg	Histidine	8.5 mg
Alanine	44.6 mg	Lysine	27.3 mg
Valine	28.0 mg	Arginine	56.5 mg

* Note: Alpha-Linolenic Acid (Omega 3) and Gamma-Linolenic Acid (Omega 6)

** Note: It has been documented that only a small portion in AFA is bioavailable.

*** Note: Trace minerals are required in very minute amounts for proper physical function.

Analysis yields the presence of trace amounts only.