

The Nutrition Facts of Chlorella

The nutrition facts of Chlorella/100g	
GENERAL COMPOSITION	
Protein	50.0-60.0
Fat	10.0-15.0
Ash	5.0-9.0
Moisture	5.0-8.0
Total Carbohydrates	17.0-22.0
Total Dietary Fiber	10.0-15.0
Energy(KJ/100g)	1500-2000
PHYTOPIGMENTS	
Total Carotenoids	500-1000
Beta Carotene	200-400
Chlorophyll	1500-3000
FATTY ACIDS	
Myristic Acid	10-30
Palmitic Acid	2000-2500
Stearic Acid	10-50
Oleic Acid	100-200
Linoleic Acid	750-1200
Gamma-Linolenic Acid	1000-1500
MINERALS	
Calcium	40-80
Phosphorous	900-1200
Magnesium	10.0-20.0
Iron	100-120
Sodium	50.0-80.0
Potassium	500-800
Zinc	20.0-25.0
Copper	1.0-3.0
Manganese	1.0-5.0
Selenium	0.10-0.30
VITAMINS	
Vitamin B1	1.0-3.0
Vitamin B2	3.0-6.0
Vitamin B3	20.0-30.0
Vitamin B6	1.0-2.0
Vitamin B12	0.30-0.40
Folic Acid	2.0-5.0
Inositol	200-400
Vitamin K	0.2-0.4