

**The Nutrition Facts of Spirulina**

The nutrition facts of Spirulina /100g	
<b>GENERAL COMPOSITION</b> g/100g	
Protein	60.0-70.0
Fat	1.0-5.0
Ash	5.0-9.0
Moisture	4.0-8.0
Total Carbohydrates	23.0-30.0
Total Dietary Fiber	10.0-15.0
Energy(KJ/100g)	1400-1800
<b>PHYTOPIGMENTS</b> mg/100g	
Total Carotenoids	300-650
Beta Carotene	100-300
Chlorophyll	800-1600
Phycocyanin	7000-13000
<b>FATTY ACIDS</b> mg/100g	
Myristic Acid	10-30
Palmitic Acid	2000-2500
Palmitoleic acid	600-1000
Stearic Acid	10-50
Oleic Acid	100-200
Linoleic Acid	750-1200
Gamma-Linolenic Acid	1000-1500
DHA	700-1000
<b>MINERALS</b> mg/100g	
Calcium	110-150
Phosphorous	1000-1300
Magnesium	300-500
Iron	35-60
Sodium	900-1200
Potassium	1400-1800
Zinc	1.0-3.0
Copper	0.1-0.3
Manganese	2.0-5.0
Chromium	0.1-0.3
Selenium	0.01-0.03
<b>VITAMINS</b> mg/100g	
Vitamin A	100-200
Vitamin B1	1.0-3.0
Vitamin B2	3.0-6.0
Vitamin B6	1.0-2.0
Vitamin B12	0.3-0.4