

BAOBAB NUTRITION

PER 20G COMPARED TO OTHER SUPERFOODS



	Antioxidant ORAC value	Total Fiber	Soluble Fiber	Vitamin C	Calcium	Iron	Potassium	Magnesium	Sodium	Fat
	g	g	g	mg	mg	mg	mg	mg	mg	mg
BAOBAB PULP	650	10	7.5	24	64	1.2	430	29.6	0.04	0.06
ACAI PULP	131	2	3.8	trace	52	0.88	186	35	15.2	0.9
POMEGRANATE FRESH	105	0.098	0.02	trace	5.6	0.17	133	6.9	1.6	0.23
GOJI BERRY FRESH	250	3.2		5.8	22.5	1.68	226	21.8	4.8	0.2
BLUEBERRIES FRESH	65.5	1.68	0.48	4.4	1.8	0.08	22.8	0.1	0.2	0.07
CRANBERRIES FRESH	100	0.84		2.7	1.6	0.05	17	0.07	0.4	0.03
APPLES FRESH	28	0.82	0.14	0.44	3.8	0.04	39	4.4	0.4	0.12
SPINACH FRESH	15	1.04	0.44	trace	20	0.5	120	4.8	4.8	0.15
RED MEAT	N/A	N/A	N/A	N/A	5.4	0.55	78.6	6.4	16	0.9
BANANAS FRESH	8.8	0.38	0.12	1.4	4.4	0.06	80	21.6	0.2	0.36
PEACHES FRESH	18	0.79	0.14	2.12	7.6	0.08	57	11.4	trace	0.05
APRICOTS FRESH	11	0.79	0.11	1.9	12.2	1.26	240	12.6	0.2	0.12
DARK CHOCOLATE	130	1.4		0	11.4	1.62	113.6	30.4	4	6.4
AVOCADO FRESH	19	0.04	0.34	trace	4.8	0.22	104	11.6	2.8	2.9
GRAPES FRESH	12	1.6	0.08	trace	3	0.11	57.6	2.2	0.6	0.03