



## New Zealand Green Lipped Mussel - NUTRITIONAL DATA - per 100 grams

ENERGY (KCAL)	85
PROTEIN (G)	34
FAT (G)	13.5
MOISTURE	8%
OIL (G)	2.1
OMEGA 3: OMEGA 6 RATIO	13:5
CHOLESTEROL (MG)	27
CALCIUM	0.30%
PHOSPHOROUS	0.34%
IODINE (MG)	0.065
MAGNESIUM (MG)	6.2
IRON (MG)	7
POTASSIUM (MG)	270
SELENIUM (MG)	0.038
SODIUM (MG)	410
ZINC (MG)	TBD
VITAMIN A (MG)	0.05
VITAMIN D2 AND D3 (MG)	0.018
VITAMIN E (MG)	TBD
VITAMIN B1 (MG)	0.009
VITAMIN B2 (MG)	0.28
VITAMIN B6 (MG)	0.19
VITAMIN B12 (MG)	0.009
NIACIN (MG)	1.4
PANTOTHENATE (MG)	<1
VITAMIN C (MG)	TBD
METABOLISABLE ENERGY	1365KJ/100G 326KCAL/100G
LINOLEIC ACID (OMEGA 6)	9.80%

New Zealand Green Shell Mussel Powder made from 100% mussel meat and no shell. This ingredient contains a minimum 3% glycosaminoglycans including heparin sulphate, dermatan sulphate, hyaluronic acid and chondroitin sulphate. It is prepared by freeze drying and CO2 extraction of whole mussel meat.

Note: North Hound Life, its associated companies and distributors do not assume any liability for alterations in product characteristics as a result of additional processing by the end user.