



Organic Atlantic Kelp - NUTRITIONAL DATA

IODINE	900-1200ppm / 1184 mcg/g
FAT (g/100g)	0
SATURATED FAT (g/100g)	0
TRANS FAT (g/100g)	0
ENERGY (Kcal/100g)	292
TOTAL DIETARY FIBER (g/100g)	29.3
TOTAL CARBOHYDRATES (g/100g)	14.7
SUGAR (g/100g)	0
ADDED SUGAR (g/100g)	0
CHLOROPHYLL (mg/100g)	0
VITAMIN A (mg/100g)	0
VITAMIN B (ug/100g)	29.5
VITAMIN E (mg/100g)	888
VITAMIN D (mg/100g)	0
CAROTENE (mg/100g)	45.76
FOLIC ACID (ug/100g)	49
TRACE MINERALS (mg/100g)	4758
CALCIUM	402
SODIUM (mg/100g)	4000
IRON (mg/100g)	12.44
POTASSIUM (mg/100g)	3672
MAGNESIUM (mg/100g)	230

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