

# Whole Food Nutrition Whole Food Nutrition Why We Use Freshly Baked and Cooled Whole Grain Brown Rice

**Instead of Adding Supplements** 

## **Natural Source of Nutrients!**

Freshly baked and cooled whole grain brown rice provide a wealth of vitamins and minerals essential in the dog's diet, along with fiber and a number of antioxidants and photochemicals to promote healthy digestive tract, cardiovascular system, liver function, boost immune system, and protect against some types of cancer. Antioxidants including vitamin E, tocotrieonols, selenium, phenolic acids, and phytic acid are available in immediate-release to slow-release forms and thus are available throughout the gastrointestinal tract over a long period after being consumed.

Freshly baked and cooled whole grain brown rice is easily digested by dogs — meaning they absorb more of the nutrients from the natural food source, eliminating the need to add supplements, and do not contribute to spikes in glucose levels. Even the Glycemic Research Institute endorses cooked whole grain brown rice when blended with high quality protein.

- Manganese Aids in conversion of energy from protein and carbohydrates synthesis of fatty acids, which support a healthy nervous system. Manganese also contains an antioxidant enzyme called superoxide dismutase which provides protection against free radicals produced during energy production.
- B Vitamins Enzyme function, processing of amino acids, converting proteins, fats, and carbohydrates into energy, maintaining healthy skin and hair, and necessary for growth, digestion and muscle function.
- Choline Muscle control, memory.
- Potassium Function of enzymes, muscles, nerves, fluid balance.
- Magnesium Absorption of vitamins and minerals, bone growth, functioning of enzymes, conversion of protein into energy.
- Iron Formation of red blood cells, enzyme function.
- Zinc Healthy skin and coat, aid in reducing stress and anxiety.



- **Selenium** Believed to substantially reduce risk of colon cancer and is an essential component of several major metabolic pathways, including thyroid hormone metabolism, antioxidant defense systems, and immune function. Selenium stimulates production of glutathione peroxidase, which is one of the most powerful antioxidant enzymes and is used in the liver to detoxify a wide range of potentially harmful molecules. The liver is responsible for the creation of glutathione peroxidase in dogs and cats and studies have found that glutathione peroxidase deficiencies can be found in 82% of cats with liver problems and 51% of dogs with liver problems. Increasing glutathione peroxidase can lead to potential improvement in liver function. Selenium also works with vitamin E and other vital antioxidants helpful in the prevention of cancer and heart disease, and for decreasing the symptoms and the pain and inflammation of rheumatoid arthritis.
- Copper Formation of bone, cartilage, absorption of iron and red blood cells, hair growth.
- Fiber Regulation of fluids in the intestine, aiding in prevention of diarrhea and constipation, and reducing risk of colon cancer and anal gland infection.

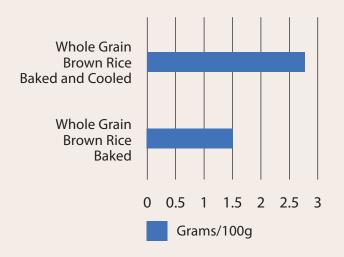
# **Nutrition Data**

#### Whole Grain Brown Rice

Properly cooling whole whole grain brown rice immediately after baking causes the starch to convert into a straight chain form that has less surface area and acts more like a fiber than a starch, passing through the small intestine without being converted into glucose, and spending more time in the large intestine (colon) where short chain fatty acids such as acetate, butyrate, and propionate are produced. These fuel growth of good digestive bacteria and enzymes and help suppress the growth of "bad" bacteria. Baked and cooled whole grain brown rice is a natural source of digestive bacteria and enzymes often supplemented in processed foods, and offer a variety of health benefits:

- Stimulate blood flow to the colon and increase nutrient circulation
- Inhibit the growth of "bad" bacteria and stimulate growth of "good" bacteria and enzymes
- Help mineral absorption
- Help to lower blood cholesterol and fat levels
- Help alleviate irritable bowel syndrome and constipation by stimulating production of immune cells in the digestive tract
- Aid in regulating bowel movements and rehydration process following diarrhea
- Help to prevent the development of abnormal bacterial cells in the colon and enhance mineral absorption (especially calcium and magnesium)

### **Resistant Starch Content**



Whole Baked Potato	USDA SR-21 Nutrition Data					
Calories         Cal         93         116         112           Water         g         75         70         73           Protein         g         3         1         3           fat         g         0         0         1           Calcium         mg         15         14         10           Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         70         49         83           Sodium         mg         10         8         5           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (inboflavin)	Nutrient Data	units	Baked	Baked	Grain Brown Rice	
Water         g         75         70         73           Protein         g         3         1         3           Fat         g         0         0         1           Calcium         mg         15         14         10           Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         70         49         83           Sodium         mg         10         8         5           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (iboflavin)         mg         0.1         0.1         0.1           B2 (iboflavin)	Tot weight	g	100	100	100	
Protein         g         3         1         3           Fat         g         0         0         1           Calcium         mg         15         14         10           Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         70         49         83           Potassium         mg         70         49         83           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B2 (ribo	Calories	cal	93	116	112	
Protein         g         3         1         3           Fat         g         0         0         1           Calcium         mg         15         14         10           Magnesium         mg         15         14         10           Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         70         49         83           Sodium         mg         70         49         83           Sodium         mg         70         49         83           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.4         0.2         0.62           Copper         mg         0.1         0.1         0.1           B1 (incain)         mg         0.1         0.1         0.1           B1 (incain)	Water	g	75	70	73	
Calcium         mg         15         14         10           Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         535         670         43           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B3 (riacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.02         0.01         <	Protein		3	1	3	
Magnesium         mg         28         18         43           Phosphorus         mg         70         49         83           Potassium         mg         70         49         83           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0         0         0.01           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.2           B6 (pyridoxine)         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin E         mg         0         0	Fat	g	0	0	1	
Phosphorus         mg         70         49         83           Potassium         mg         535         670         43           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0         0         0.01           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         <	Calcium	mg	15	14	10	
Potassium         mg         535         670         43           Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           Bt (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin E         mg         0         0.3         0           Vitamin E         mg         0         0.3 </td <td>Magnesium</td> <td>mg</td> <td>28</td> <td>18</td> <td>43</td>	Magnesium	mg	28	18	43	
Sodium         mg         10         8         5           Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B3 (niacin)         mg         0.4         0.6         1.3           B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin E         mg         0         0         0           Vitamin E         mg         0         0.3         0           Vitamin E         mg         0         0.3<	Phosphorus	mg	70	49	83	
Iron         mg         1.1         0.5         0.4           Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.4         0.3         0.4           B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0         0           Vitamin A         IU         10         122         0         0         0         0           Vitamin E         mg         0         0.3         0         0         0         0         0         0         0         0	Potassium	mg	535	670	43	
Zinc         mg         0.4         0.2         0.62           Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.1         0.1           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin B         mg         0         0.3         0           Vitamin D         IU         0         0         0           Threonine         g         0.039         0.012         0.03           Isoleucine         g         0.15	Sodium	mg	10	8	5	
Copper         mg         0.1         0.2         0.1           Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.1         0.0         0.01           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Threonine         g         0.039         0.012         0.03           Inceine         g         0.101         0.05         0.09           Leusine         g         0.15	Iron	mg	1.1	0.5	0.4	
Manganese         mg         0.2         0.4         0.9           Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0.0         0.01         0.01           B3 (niacin)         mg         1.4         0.6         1.3           B5 (pantothenic acid)         mg         0.4         0.3         0.2           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0         0           Vitamin A         IU         10         122         0         0           Vitamin E         mg         0         0.3         0	Zinc	mg	0.4	0.2	0.62	
Selenium         mcg         4.0         0.7         9.8           B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0         0         0.01           B3 (niacin)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin B         mg         0         0.3         0           Vitamin D         IU         0         0         0           Vitamin D         IU         0         0         0           Threonine         g         0.039         0.012         0.03           Incoine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152	Copper	mg	0.1	0.2	0.1	
B1 (thiamin)         mg         0.1         0.1         0.1           B2 (riboflavin)         mg         0         0         0.01           B3 (niacin)         mg         1.4         0.6         1.3           B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0         0         0           Vitamin D         IU         0         0         0         0           Threonine         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.152         0.058         0.09           Leysine         g         0.152         0.058         0.09           Meth		mg		0.4	0.9	
B2 (riboflavin)         mg         0         0         0.01           B3 (niacin)         mg         1.4         0.6         1.3           B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Ibreonine         g         0.091         0.052         0.08           Isoleucine         g         0.151         0.052         0.08           Isoleucine         g         0.152         0.058         0.09           Leucine         g         0.152         0.058         0.09           Leucine         g         0.152         0.058         0.09           Methionine-cystine	Selenium	mcg	4.0	0.7	9.8	
B3 (niacin)         mg         1.4         0.6         1.3           B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.012         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         <	· '	mg				
B5 (pantothenic acid)         mg         0.4         0.3         0.4           B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Threonine         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.15         0.094         0.19           Userine         g         0.111         0.	B2 (riboflavin)	mg		0		
B6 (pyridoxine)         mg         0.3         0.2         0.1           Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0         0           Vitamin D         IU         0 <td>B3 (niacin)</td> <td>mg</td> <td>1.4</td> <td>0.6</td> <td>1.3</td>	B3 (niacin)	mg	1.4	0.6	1.3	
Folic Acid/Folate         mg         0.028         0.016         0.004           B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg <td></td> <td>mg</td> <td></td> <td></td> <td></td>		mg				
B12 (cyanocobalamin)         mg         0         0         0           Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.152         0.058         0.09           Methionine-cystine         g         0.111         0.069         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg <td></td> <td>mg</td> <td></td> <td></td> <td></td>		mg				
Vitamin A         IU         10         122         0           Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.152         0.058         0.09           Methionine-cystine         g         0.112         0.069         0.12           Valine         g         0.111         0.069         0.12           Valine         g         0.111         0.069         0.12           Valine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0         0           Istidine         mg		mg				
Vitamin E         mg         0         0.3         0           Vitamin D         IU         0         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg			-	•	-	
Vitamin D         IU         0         0         0           Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1		IU			-	
Tryptophan         g         0.039         0.012         0.03           Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-6         mg         43		_			-	
Threonine         g         0.091         0.052         0.08           Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0         0           Iodine         mg         0         0         0         0         0           Choline         mg         14.8         16.2         9.8         1         16.2         9.8         1         16.2         9.8         1         16.2         9.8         1         16.2         9.8         1         16.2         9.8         1         16.2         9.8         1         18.			-	_	-	
Isoleucine         g         0.101         0.05         0.09           Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4		_				
Leucine         g         0.15         0.094         0.19           Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38						
Lysine         g         0.152         0.058         0.09           Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Methionine-cystine         g         0.039         0.02         0.12           Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5						
Phenylalanine-tyrosine         g         0.111         0.069         0.12           Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5						
Valine         g         0.141         0.06         0.14           Arginine         g         0.115         0.124         0.17           Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5	•					
Arginine       g       0.115       0.124       0.17         Histidine       g       0.054       0.033       0.06         Chloride       mg       0       0       0         Iodine       mg       0       0       0         Choline       mg       14.8       16.2       9.8         Linoleic acid       mg       43       50       283         Omega-9       mg       1       5       297         Omega-3       mg       13       9       13         Omega-6       mg       43       50       283         Fibre       g       2       4       2         Ash       g       1.3       0.8       0.38         Carbohydrate       g       21       27       23.5		_				
Histidine         g         0.054         0.033         0.06           Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5						
Chloride         mg         0         0         0           Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Iodine         mg         0         0         0           Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5						
Choline         mg         14.8         16.2         9.8           Linoleic acid         mg         43         50         283           Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_		-	-	
Linoleic acid     mg     43     50     283       Omega-9     mg     1     5     297       Omega-3     mg     13     9     13       Omega-6     mg     43     50     283       Fibre     g     2     4     2       Ash     g     1.3     0.8     0.38       Carbohydrate     g     21     27     23.5				-		
Omega-9         mg         1         5         297           Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Omega-3         mg         13         9         13           Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Omega-6         mg         43         50         283           Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Fibre         g         2         4         2           Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5		_				
Ash         g         1.3         0.8         0.38           Carbohydrate         g         21         27         23.5	3	_				
Carbohydrate g 21 27 23.5						
	Est. Glycemic Load	na	10	12	11	