



Nutritional Analysis

Best of Greens™ (Serving: 5g)

Nutrient	Amount per 100g	Amount per Serving	% Std. Per Svg.
Calories	276.9	13.84	
Fat-Total	4.469 g	0.2235 g	0%
Saturated Fat	0.4962 g	0.0248 g	0%
Cholesterol	0.0 mg	0.0 mg	0%
Sodium	632.8 mg	31.64 mg	1%
Carbohydrates	47.53 g	2.377 g	1%
Dietary Fiber	20.25 g	1.012 g	4%
Sugars	8.02 g	0.401 g	
Protein	28.62 g	1.431 g	3%
Vitamin A IU	40370.0 IU	2018.0 IU	40%
Vitamin C	208.6 mg	10.43 mg	15%
Calcium	963.8 mg	48.19 mg	4%
Iron	80.74 mg	4.037 mg	20%
Ash	13.47 g	0.6733 g	
Water	7.703 g	0.3851 g	
Thiamin - B1	1.159 mg	0.0579 mg	4%
Riboflavin - B2	1.747 mg	0.0873 mg	6%
Niacin - B3	7.88 mg	0.394 mg	0%
Vitamin B6	1.035 mg	0.0518 mg	2%
Vitamin B12	13.42 mcg	0.6708 mcg	10%
Vitamin D IU	0.0 IU	0.0 IU	0%
Vit. E - Alpha Eq.	10.19 mg	0.5095 mg	2%
Folate	1164.0 mcg	58.21 mcg	15%
Pantothenic	3.725 mg	0.1862 mg	0%
Potassium	3782.0 mg	189.1 mg	5%
Phosphorus	476.5 mg	23.82 mg	2%
Zinc	6.369 mg	0.3185 mg	2%
Copper	1.236 mg	0.0618 mg	4%
Magnesium	456.5 mg	22.82 mg	6%
Manganese	6.37 mg	0.3185 mg	
Molybdenum	9.438 mcg	0.4719 mcg	
Selenium	2.494 mcg	0.1247 mcg	
Other Carbs.	5.933 g	0.2967 g	
Iodine	181.0 mcg	9.05 mcg	6%
Vitamin K	2009.0 mcg	100.5 mcg	