



**Earthrise Nutritionals LLC**  
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**Earthrise® Spirulina Natural Powder  
 Nutritional Profile**

Composition	Per 100 grams
<b>1. Macronutrients</b>	
Calories	387
Fat	6.9 g
Total Carbohydrates	14 g
Total Dietary Fiber	5.5 g
Protein	67.9 g
<b>2. Essential Amino Acid</b>	
Histidine	1010 mg
Isoleucine	3560 mg
Leucine	5560 mg
Lysine	2997 mg
Methionine	1433 mg
Phenylalanine	2910 mg
Threonine	3130 mg
Tryptophan	859 mg
Valine	3567 mg
<b>Non-Essential Amino Acids</b>	
Alanine	4660 mg
Arginine	4653 mg
Aspartic Acid	6243 mg
Cystine	641 mg
Glutamic Acid	9250 mg
Glycine	3167 mg
Proline	2387 mg
Serine	2983 mg
Tyrosine	2967 mg
<b>3. Vitamins</b>	
Vitamin A (as 100%®-carotene)	384,000 IU
Vitamin K	0.93mg
Vitamin B1 (Thiamin)	0.05mg
Vitamin B2 (Riboflavin)	5.3mg
Vitamin B3 (Niacin)	16 mg
Vitamin B6 (Pyridoxine)	0.78 mg
Vitamin B12	0.22 mg

Composition	Per 100 grams
<b>4. Minerals</b>	
Calcium	299 mg
Chromium	<0.71 mg
Copper	0.44 mg
Iodine	0.40 mg
Iron	64.8 mg
Magnesium	304 mg
Manganese	3.33 mg
Phosphorus	920 mg
Potassium	1613 mg
Selenium	0.02 mg
Sodium	700 mg
Zinc	4.02 mg
<b>5. Phytonutrients</b>	
Phycocyanin	19.5 g
Chlorophyll	1.2 g
Total Carotenoids	495 mg
β-carotene	216 mg
Zeaxanthin	112 mg
Gamma Linoleic Acid (GLA)	1.51 g
Linoleic Acid (LA)	1.31 g

- 1) All data are based on results of analysis of yearly blended sample (3 samples per month for a total of about 21 samples) and averaging results from data for the latest 3 consecutive years.
- 2) Nutritional profile provides an overview of the data on general composition of the product and does not constitute a product specification. Refer to the product specification document for guaranteed levels.

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 Date