



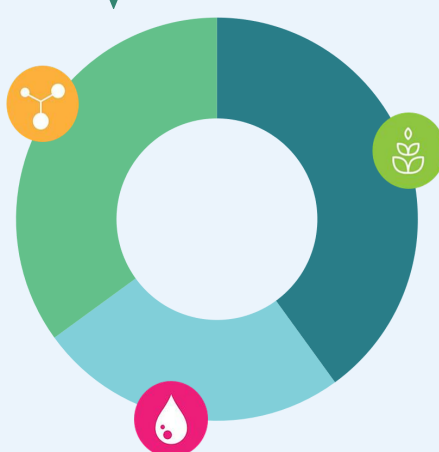
ARAME SEAWEED NUTRITION FACTS



CALORIES 140/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	56.2 G	NIACIN	2.3 MG
FAT	0.7 G	VITAMIN A	220 MCG
PROTEIN	12.4 G	VITAMIN B12	0.1 MCG
CHOLESTEROL	0.00	VITAMIN B6	0.02 MG
FIBER	48 G	VITAMIN B2	0.26 MG
RIBOFLAVIN	~	VITAMIN D	0.00
SODIUM, NA	2300 MG	FOLATE	110 MCG
THIAMIN	~		

CALORIES BY SOURCE



CARBOHYDRATE
86%

FAT
3%

PROTEIN
11%

ARAME SEAWEED OTHER NAMES

EISENIA BICYCLIS
ARAME ALGAE

MINERALS IN ARAME SEAWEED

790 MG CALCIUM, CA **49% (DV)**

0.17 MG COPPER, CU **18 % (DV)**

3.5 MG IRON, FE **18 % (DV)**

530 MG MAGNESIUM, MG **137 % (DV)**

0.23 MG MANGANESE, MN **9 % (DV)**

250 MG PHOSPHORUS, P **35 % (DV)**

3200 MG POTASSIUM, K **81 % (DV)**

1.1 MG ZINC, ZN **9 % (DV)**

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.