

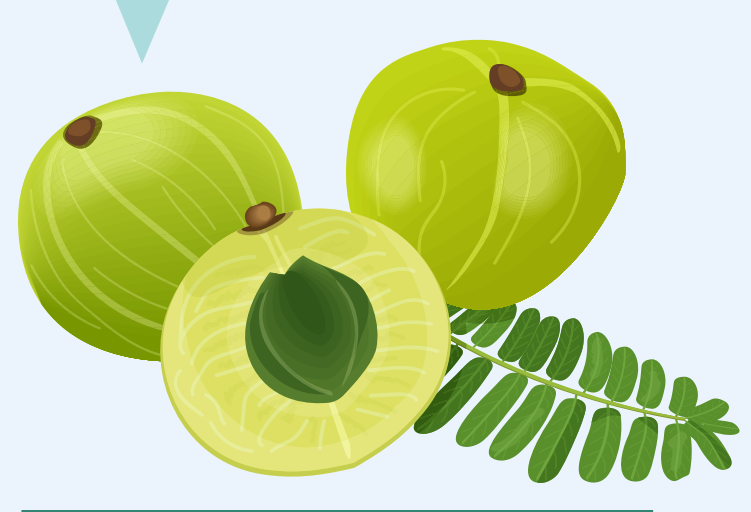


INDIAN GOOSEBERRY NUTRITION FACTS

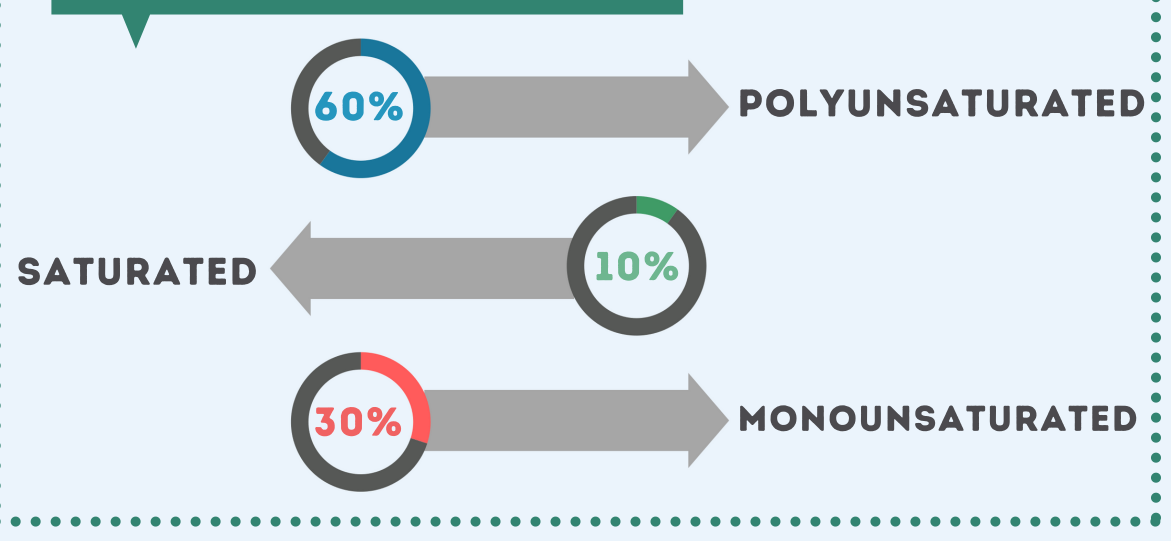


CALORIES 48/100GM

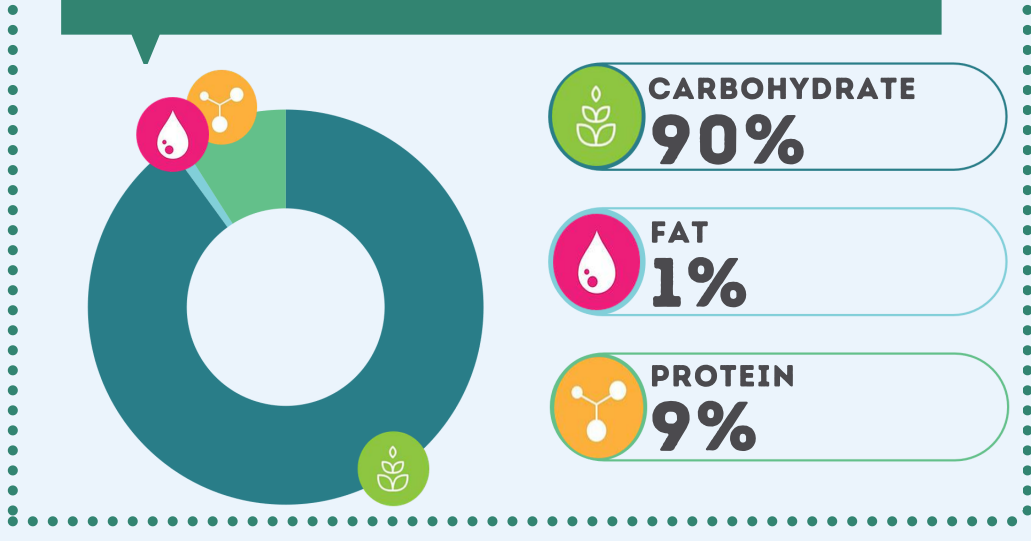
	AMOUNT		AMOUNT
CARBOHYDRATE	10 G	NIACIN	0.3 MG
FAT	0.50 G	VITAMIN A	87 MCG
PROTEIN	1 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.1 MG
FIBER	5 G	VITAMIN C	478 MG
RIBOFLAVIN	0.030 MG	VITAMIN D	0.00
SODIUM, NA	13 MG	FOLATE	6 MCG
THIAMIN	0.040 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



INDIAN GOOSEBERRY OTHER NAMES

- PHYLLANTHUS EMBLICA
- EMBLICA OFFICINALIS
- AMLA
- AWLA
- AMLAKI
- AONLA
- MYROBALAN
- EMBLIC

MINERALS IN INDIAN GOOSEBERRY

25 MG	CALCIUM, CA	3 % (DV)
0.1 MG	COPPER, CU	4 % (DV)
0.9 MG	IRON, FE	6 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
21 MG	PHOSPHORUS, P	3 % (DV)
198 MG	POTASSIUM, K	6 % (DV)
0.12 MG	ZINC, ZN	1 % (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.