



ÞÖRUNGAVERKSMIÐJAN HF.

THORVERK HF.

380 Reykhólar, Iceland

Lífraent vottað  
Certified organic

## Ascophyllum nodosum Typical Analysis

### General

Dietary fiber: 44%  
Total ash: 27%  
Ash (free of salt): 18%  
Salt (NaCl): 9,2%  
Moisture: 9,4%  
Protein: 8,1%  
Trenish fiber: 4,1%  
Fat: 1,8%

### Minerals

Chlorine (Cl): 6,2%  
Sodium (Na): 4,3%  
Sulphur (S): 2,8%  
Potassium (K): 2,5%  
Calcium (Ca): 1,6%  
Nitrogen (N): 1,4%  
Magnesium (Mg): 0,75%  
Phosphorus (P<sub>2</sub>O<sub>5</sub>): 0,28%  
Phosphorus (P): 0,16%

### Trace Elements

Iodine (I): 862 ppm  
Iron (Fe): 514 ppm  
Al (Al) 268 ppm  
Mangan (Mn): 33 ppm  
Arsen (As): 21 ppm  
Inorganic Arsen: 0,3 ppm  
Zinc (Zn): 12 ppm  
Tin (Sn): 6,5 ppm  
Selenium (Se): 4,9 ppm  
Cadmium (Cd)  
Chromium (Cr)  
Cobalt (Co)  
Cobber (Cu)  
Lead (Pb)  
Mercury (Hg)  
Molybdenum (Mo)

### Vitamins

Riboflavin (B2): 4,9 ppm  
Niacin (B3): 183 ppm  
Ascorbic acid (C): 375 ppm

### Amino acids

(% of total Amino Acids)

Alanine: 5,5%  
Arginine: 5,5%  
Aspartic acid: 9,9%  
Cystine: 1,5%  
Glutamic acid: 12,0%  
Glycine: 5,7%  
Histidine: 1,3%  
Isoleucine: 3,3%  
Leucine: 5,6%  
Lysine: 4,2%  
Phenylalanine: 3,5%  
Proline: 3,7%  
Serine: 4,9%  
Threonine: 4,6%  
Tyrosine: 3,5%  
Valine: 3,5%