

**Statistics Report 11666, Seaweed, spirulina, raw**
**Report Date: July 16, 2019 06:17 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	90.67	5	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	26	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	109	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	5.92	14	0.150	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.39	10	0.080	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.60	8	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	2.42	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Sugars, total	g	0.30	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
<b>Minerals</b>													
Calcium, Ca	mg	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Iron, Fe	mg	2.79	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984

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Magnesium, Mg	mg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Phosphorus, P	mg	11	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	127	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	98	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.20	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.597	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.186	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.9	4	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.222	4	0.095	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.342	4	0.080	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.196	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Pantothenic acid	mg	0.325	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.034	4	0.205	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Choline, total	mg	6.5	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	33	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Vitamin A, IU	IU	56	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008

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Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.5	--	--	0	0	--	--	--	--	Calculated or imputed	11667	11/2011
<b>Lipids</b>													
Fatty acids, total saturated	g	0.135	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.127	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.034	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.106	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.064	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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18:3 undifferentiated	g	0.042	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan	g	0.096	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.306	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.331	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.509	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.312	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.118	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.068	7	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.286	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984



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Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2011