

**Typical analysis; ingredients of  
*Laminaria digitata***

<b>General</b>	<b>LAM</b>
Dietary fibre:	36%
Total ash:	31%
Ash (free of salt):	16%
Salt (NaCl):	15%
Moisture:	5,3%
Protein:	8,4%
Fat:	0,6%
Carbohydrates:	51%

**Minerals**

Chlorine (Cl):	9,5%
Sodium (Na):	3%
Sulphur (S):	1 %
Potassium (K):	8%
Calcium (Ca):	1,5%
Nitrogen (N):	1,5%
Magnesium (Mg):	0,6%
Phosphorus(P <sub>2</sub> O <sub>5</sub> ):	0,5%

**Trace Elements**

Phosphorus (P):	2.177ppm
Iodine (I):	4.700ppm
Iron (Fe):	1.293ppm
Al (Al)	496ppm
Mangan (Mn):	60ppm
Organic Arsen(As)	49ppm
Inorganic Arsen:	49ppm
Zinc (Zn):	14ppm
Tin (Sn):	5,5ppm
Selen (Se):	0,5ppm
Lead (Pb)	4,3ppm
Cobalt (Co)	4 ppm
Copper (Cu)	4 ppm

Thoverk makes no warranty that these figures are precise for each batch, but it is believed to be accurate and reliable as a typical analysis.

<b>Vitamins</b>	<b>Lam</b>
Thiamin	0,6 ppm
Riboflavin (B2):	0,6 ppm
Niacin (B3):	288 ppm
Ascorbic acid (C):	167ppm

**Amino acids**

*(% of total Amino Acids)*

Alanine:	16%
Arginine:	4,5%
Aspartic acid:	11%
Glutamic acid:	14%
Glycin:	5,5%
Histidine:	2%
Isoleucine:	3,5%
Leucine:	6,5%
Lysine:	5%
Methionine:	2%
Phenylalanine:	4,5%
Proline:	4,5%
Serine:	4,5%
Threonine:	5,5%
Tyrosine:	3%
Valine:	4%

**Sugars, expected contents**

Alginic acid	>20%
Mannitol	>5%