

Typical analysis of *Ascophyllum nodosum*

General	ASCO
Dietary fiber:	44%
Total ash:	27%
Ash (free of salt):	18%
Salt (NaCl):	9%
Moisture:	9%
Protein:	8,5%
Fat:	2%

Minerals

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

Trace Elements

Phosphorus (P):	0,16%
Iodine (I):	862 ppm
Iron (Fe):	514 ppm
Al (Al)	280 ppm
Mangan (Mn):	50 ppm
Organic Arsen (As):	21 ppm
Inorganic Arsen:	0,3 ppm
Zinc (Zn):	12 ppm
Tin (Sn):	6,5 ppm
Selen (Se):	0,5 ppm
Bór (B)	98 ppm
Cobalt (Co)	4 ppm
Kopár (Cu)	4 ppm
Króm (Cr)	0,8 ppm
Molybden (Mo)	2 ppm

Multiple measurements

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.

Vitamins

Vitamins	Asco
Retinol	390 ppm
Riboflavin (B2):	4,9 ppm
Niacin (B3):	183 ppm
Ascorbic acid (C):	375 ppm
Cholcalciferol (D)	150 ppm
Alph-tocopherol (E)	110 ppm

Amino acids

(% of total Amino Acids)

Alanine:	6%
Arginine:	5%
Aspartic acid:	9%
Cystine:	1,5%
Glutamic acid:	16%
Glycin:	5,5%
Histidine:	1,5%
Isoleucine:	4%
Leucine:	7%
Lysine:	5%
Phenylalanine:	5%
Proline:	4,5%
Serine:	5%
Threonine:	5,5%
Tryptophan	1,5%
Tyrosine:	2,5%
Valine:	4%
Methionine	1%

Sugars, expected contents

Alginic acid	>20%
Mannitol	>5%