

Blue Green Algae (*Aphanizomenon flos-aquae*)

Vitamin Profile

Analyte	Amt. Per 100 g	Unit of measure
Vitamin A	152,300	IU
Thiamine (B-1)	1.9	mg
Riboflavin (B-2)	4.5	mg
Pyridoxine (B-6)	1.5	mg
Vitamin (B-12)	370	µg
Vitamin C	40	mg
Vitamin D	40	IU
Niacin	40	mg
Choline	130	mg
Folic Acid	60	µg
Pantothenic Acid	310	µg
Biotin	20	µg
Vitamin E	10	IU