

MORINGA NUTRITIONAL ANALYSIS

VITAMINS	100g	5g / 1tsp	10g / 2tsp	MEASURE
Vitamin A (B Carotene)	16.30	0.815	1.63	Mg
Vitamin C	16.00	0.8	1.6	Mg
Vitamin E	9.50	0.475	0.95	Mg
Vitamin B1	2.64	0.132	0.264	Mg
Vitamin B2	20.50	1.025	2.05	Mg
Vitamin B3	8.20	0.41	0.82	Mg

MINERALS				
Potassium	1324.00	66.2	132.4	Mg
Copper	1.10	0.055	0.11	Mg
Iron	38.50	1.925	3.85	Mg
Calcium	1557.00	77.85	155.7	Mg
Magnesium	452.38	22.1	45.2	Mg
Phosphorous	434.00	21.7	43.4	Mg
Zinc	4.10	0.205	0.41	Mg
Lead	<0.002	<0.0001	<0.0002	Mg

OTHER				
Energy Kj (per 100g)	1115.00	55.75	111.5	Kj
Dietary Fiber (gram/100g)	22.00	1.1	2.2	G
E-Coli	ND	ND	ND	

ESSENTIAL AMINO - ACIDS	Per 100g Protein (which is 27%)			
Isoleucine	825.00	41.25	82.5	Mg
Lucine	1950.00	97.5	195	Mg
Lysine	1325.00	66.25	132.5	Mg
Methionine	350.00	17.5	35	Mg
Phenylalanine	1388.00	69.4	138.8	Mg
Threonine	1188.00	59.4	118.8	Mg
Tryptophan	425.00	21.25	42.5	Mg
Valine	1063.00	53.15	106.3	Mg