



# Nutrition Analysis

Organic Nu-FLOW®

Amounts per 100g

BASIC COMPONENTS	AMOUNT
<b>Calories (USA)</b>	16
Calories from Fat (USA)	4
Calories from Carbohydrates (USA)	1
<b>Calories (non-USA)</b>	162
Calories from Fat (non-USA)	4
Calories from Carbohydrates (non-USA)	146
<b>Total Fat</b>	0.4g
Saturated Fat	0.2g
Monounsaturated Fat	0.1g
Polyunsaturated Fat	0.1g
<i>Trans</i> Fat	0g
<b>Cholesterol</b>	0mg
<b>Total Carbohydrate</b>	73.3g
Digestible Carbohydrate	0.2g
Dietary Fiber	73.1g
Soluble Fiber	0.2g
Insoluble Fiber	73.1g
Total Sugars	0.2g
Glucose	0g
Fructose	0g
Sucrose	0.2g
Maltose	0g
Lactose	0g
Added Sugars	0g
<b>Protein</b>	3g
<b>Ash</b>	19.3g
<b>Water</b>	4g

VITAMINS / MINERALS	AMOUNT
Vitamin D	< 0.55mcg
Calcium	57.0mg
Iron	10.3mg
Potassium	571mg
Phosphorus	38.7mg
Sodium	15.5mg
Silica	17.7g

