

Spirulina's Typical nutritional analysis

Typical analysis of Spirulina

Protein	55-70 %
Carbohydrates	15-25 %
Fat (lipids)	5 %
Minerals	7 %
Moisture	6 %

Spirulina's Vitamin Content

	Per 10 g	IND
Vit E (a-tocopherol)	1 IU	
Vit A(beta carotene)	30006 IU	
1mg=1667 IU	18.00 mg	2.4
Vit B1 (thiamin)	0.31 mg	1.4
Vit B2(riboflavin)	0.35 mg	1.6
Vit B3(niacin)	1.46 mg	18
Vit B6(pyridoxine)	80 µg	2
Vitamin B12	32 µg	0
Folacin(Folic Acid)	1 µg	0.1
Panathothenic Acid	0.01 mg	
Inositol	6.4 mg	

RDA=Recommended Daily Allowance

Spirulina's mineral content

	Per 10 g	IND
Minerals	<i>Spirulina</i>	RDA
Calcium	100 mg	400
Iron	15 mg	28
Zinc	0.3 mg	15.5
Phosphorus	90 mg	400
Magnesium	40 mg	
Copper	0.12 mg	2.2
Sodium	60 mg	
Potassium	160 mg	
Manganese	0.5 mg	5.5
Chromium	0.028 mg	0.067
Germanium	0.006 mg	
Selenium	0.002 mg	

Spirulina's natural pigments

<i>Pigments</i>	per 10 g
Phycocyanin (blue)	1500-2000 mg
Chlorophyll (green)	115 mg
Carotenoids(orange)	37 mg
Beta carotene	18 mg

Spirulina's amino acid composition

Essential Amino Acids

	Per 10 g	Daily Spirulina	US RDA
Isoleucine	350 mg	840	
Leucine	540 mg	1120	
Lysine	290 mg	840	
Methionine	140 mg	700	
Phenylalanine	280 mg	1120	
Threonine	320 mg	560	
Tryptophane	90 mg		
Valine	400 mg	980	

Spirulina's essential fatty acid composition

	Per 10 g
C14.0 Myristic	1 mg
C16.0 Palmitic	244 mg
C16.1 Palmitoleic	33 mg
C17.0 Heptadecanoic	2 mg
C18.0 Stearic	8 mg
C18.1 Oleic	12 mg
C18.2 Linoleic	97 mg
<u>C18.3Gamma-linolenic</u>	135 mg
C Others	14 mg

Comparison of β-Carotene of Spirulina & some common Vegetables and fruits

<i>Food stuff</i>	<i>β-Carotene µg/10g of edible portion</i>
<i>Spirulina</i>	18,000
Drum stick leaves	1,969
Fenugreek leaves	910
Curry leaves	711
Carrot	646
Coriander leaves	480
Ambat Chuka	280
Spinach (Palak)	274
Mango ripe	199
Sweet potato	181
Pumpkin	116
Papaya ripe	88
Tomato ripe	59

Comparisons Protein Quantity & Quality of Spirulina & Other Protein Food Sources

Food	Protein %	NPU %	Usable Protein %
<i>Spirulina</i>	65.0	62	40.0
Dried milk, skim	38.0	82	31.2
Soyabean, whole	43.2	61	26.4
Wheat germ	29.2	67	19.6
Fish	22.0	80	17.6
Chicken	25.9	67	17.4
Beef muscle	22.6	67	15.1
Eggs, whole	13.3	94	12.5
Peanuts	25.3	38	9.6
Wheat,whole flour	12.1	63	7.6

Iron content of foods

<i>Name of Foodstuff</i>	<i>mg/10g of edible portion</i>
<i>Spirulina</i>	15.0
Betel Leaves	1.06
Soyabean	1.04
Bajra	0.8
Melon Water (Tarbuj)	0.79
Pistacho Nut (Pista)	0.77
Raisins (Kishmish)	0.77
Onion Stalks	0.74
Peas Dry (Muttar)	0.71
Liver Sheep	0.63
Cashewnut (Kaju)	0.58
Bangal Gram, (Chana dhal)	0.53
Rajmah	0.51
Almond (Badam)	0.51
Wheat, Flour Whole	0.49
Bangal Gram Whole (Chana)	0.46
Green Gram. Whole (Mung)	0.44
Black Gram. (Udad Dhal)	0.38
Egg hen	0.21
Cheese	0.21
Spinach (Palak)	0.11