

Blue-green-algae

Aphanizomenon flos-aquae



Vitamin Profile

Analyte	Amt. per 100 g	Unit of measure
Vitamin A	28457.52	IU
Vitamin E	29.81	IU
Vitamin C	100	mg
Thiamine (B-1)	0.3	mg
Riboflavin (B-2)	3.45	mg
Pyridoxine (B-6)	0.86	mg
Folic Acid-	25	µg
Vitmain B-12	361	µg
Biotin	29.6	µg
Pantothenic Acid	0.71	mg
Choline	98.5	mg
Niacin	8.66	mg