



## **NUTRITIONAL FACTS**

### **Barley Grass Powder Organic**

<b>Nutrition Facts</b>			
Serving Size: 100 grams			
Servings Per Container: May Vary			
<b>Amount Per Serving</b>			
<b>Calories:</b> 361    Calories from Fat: 44			
		<b>% Daily Value*</b>	
<b>Total Fat:</b> 4,87 g	7%		
<b>Sodium:</b> 95,2 mg	4%		
<b>Carbohydrate:</b> 59,17 g	20%		
<b>Dietary Fiber:</b> 33,85 g	135%		
<b>Sugars:</b> 4,87 g			
<b>Protein:</b> 20,17 g			
<b>Vitamin A:</b> 32,018 IU	640%		
<b>Vitamin C:</b> 81,47 mg	135%		
<b>Calcium:</b> 2023 mg	202%		
<b>Iron:</b> 58,48 mg	303%		
*Percent Daily Values are based on 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs			
	<u>Calories</u>	<u>2,000</u>	<u>2,500</u>
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 – Carbohydrate 4 – Protein 4			

<b>Nutritional Component</b>	<b>Amount per 100 grams</b>
Glucose	<b>3,5 g</b>
Fructose	<b>3,6 g</b>
Cellulose	<b>21,0 g</b>
Vitamin B1 (Thiamin)	<b>4,41 mg</b>
Vitamin B2 (Riboflavin)	<b>1,16 mg</b>
Vitamin B5 (Niacin)	<b>2,22 mg</b>
Vitamin B6 (Pyridoxine)	<b>23,12 mg</b>
Folic Acid	<b>1,02 mg</b>
Tocotrienole	<b>6,7 mg</b>
Chlorophyll	<b>982 mg</b>
Phenyl Compounds	<b>9516 mg</b>
Superoxide Dismutase	<b>1313 U/h/g</b>

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