



ORGANIC SACHA INCHI PROTEIN POWDER

:: NUTRITION FACTS | FATTY ACID | AMINO ACID ::

AMINO ACID PROFILE <i>(Per Serving: 3 tbsp/28 g)</i>	Nutrition Value	Unit (mg)
Alanine	311.64	mg
Arginine	1.40	mg
Aspartic acid	1071.84	mg
Cystine	814.80	mg
Glutamic acid	1415.40	mg
Glycine	870.24	mg
Histidine	723.52	mg
Hydroxylysine	1.40	mg
Hydroxyproline	18.76	mg
Isoleucine	729.68	mg
Leucine	1310.96	mg
Lysine	2760.24	mg
Methionine	107.52	mg
Phenylalanine	650.44	mg
Proline	479.08	mg
Serine	409.36	mg
Threonine	286.16	mg
Tryptophan	663.04	mg
Tyrosine	1377.60	mg
Valine	680.40	mg
MINERALS		
Iron	39.33	mg
Magnesium	1593.20	mg
Phosphorus	2684.36	mg
Potassium	2800.00	mg
Calcium	1142.96	mg
Sodium	10.08	mg
VITAMINS		
Vitamin E	1.27	mg

Nutrition Facts			
Serving Size: 3 tbsp (1 oz / 28 g)			
Servings Per Container: 18			
Amount Per Serving			
Calories 110		Calories from Fat 110	
			% Daily Value *
Total Fat 1.5 g			2%
Saturated Fat 0 g			0%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 0mg			0%
Total Carbohydrate 6 g			2%
Dietary Fiber 4 g			16%
Sugars 2 g			
Protein 16 g			
Vitamin A			0%
Vitamin C			0%
Calcium			10%
Iron			10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily be higher or lower depending on your calorie needs:			
		Calories :	2,000 2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

FATTY ACID PROFILE

Per Serving Size: 3 tbsp (1 oz / 28g)	Daily Inake	% Daily Value
Omega-3 * (Alpha Linolenic Acid) 1056 mg		
Adult males, 19 or more years	1600 mg	66%
Adult females, 19 or more years	1100 mg	96%
Adolescent males, 14-18 years	1600 mg	95%
Adolescent females, 14-18 years	1000 mg	106%
Male children, 9-13 years	1200 mg	88%
Female children, 9-13 years	1000 mg	106%
All children, 4-8 years	900 mg	117%
All children, 1-3 years	700 mg	151%
Omega-6 * (Linoleic Acid) 605 mg		
Adult males, 51 or more years	1400 mg	43%
Adult females, 51 or more years	1100 mg	55%
Adult males, 19-50 years	1700 mg	36%
Adult females, 19-50 years	1200 mg	50%
Adolescent males, 14-18 years	1600 mg	38%
Adolescent females, 14-18 years	1000 mg	61%
Male children, 9-13 years	1200 mg	50%
Female children, 9-13 years	1000 mg	61%
All children, 4-8 years	900 mg	67%
All children, 1-3 years	700 mg	86%
Omega 9 (Oleic Acid) 151 mg		

* Daily Adequate Intake Remmended by the Food and Nutrition Board of the U.S. Institute of Medicine