

December 12, 2019

Company: The First Principle
Item: Gramineae, Prepared

NUTRITION ANALYSIS

Multi Column: First Principal Dried Leaf 250g prepared

Nutrients	Per Serving	Per 100g	%Rec (%DV)	Nutrients	Per Serving	Per 100g	%Rec (%DV)
Gram Weight (g)	250.00	100.00		Added Sugar (g)	0	0	0%
Basic Components				Water (g)	160.35	64.14	
Calories (kcal)	333.00	133.20		Ash (g)	8.76	3.50	
Protein (g)	14.33	5.73	28.66%	Vitamins			
Fat (g)	1.96	0.78	2.51%	Vitamin D - mcg (mcg)	0	0	0%
Saturated Fat (g)	0.60	0.24	3.00%	Minerals			
Mono Fat (g)	0.17	0.07		Sodium (mg)	7.95	3.18	0.35%
Poly Fat (g)	1.09	0.44		Salt (g)	0.01	0.01	
Trans Fatty Acid (g)	0.02	0.01		Calcium (mg)	10.79	4.32	0.83%
Cholesterol (mg)	1.00	0.40	0.33%	Iron (mg)	0.45	0.18	2.51%
Carbohydrates (g)	64.60	25.84	23.49%	Potassium (mg)	6.10	2.44	0.13%
Total Dietary Fiber (g)	62.60	25.04					
Dietary Fiber (2016) (g)	62.60	25.04	223.57%				
Total Sugars (g)	0.25	0.10					

The % Recommended or the % Daily Value %DV shows how much of a nutrient is in one serving of the food. The %DVs are based on the Daily Values for key nutrients, which are the amounts (in grams, milligrams, or micrograms) of nutrients recommended per day for Americans 4 years of age and older. Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

*Using the general factors of 4, 4, and 9 calories per gram for protein, total carbohydrate, and total fat, respectively, as described in USDA Handbook No. 74 (slightly revised 1973) pp. 9-11, which is incorporated by reference in accordance with 5 U.S.C. 552(a) and 1 CFR part 51.101. Calories are not adjusted for insoluble dietary fiber.

**%DV Protein has not been adjusted for PDCAAS (protein digestibility corrected amino acid score), which is required for labeling %DV.

Nutritional values shown represent the composition of this product based on laboratory tests of sample(s) submitted. As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.