

## IRISH MOSS 1oz (28g)

### CALORIE INFORMATION

Serving Size: 1 oz = 28g

Amount Per Serving	% DV*
Calories 13.7	1%
from Carbohydrate 12.3	
from Fat 0.4	
from Protein 1.0	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 † Daily Value Not Established

### CARBOHYDRATES

Amount Per Serving	% DV*
Total Carbohydrate 3.4g	1%
Dietary Fiber 0.4g	1%
Starch	
Sugar 0.2g	
Sucrose	
Glucose	
Fructose	
Lactose	
Maltose	
Galactose	

### FATS & FATTY ACIDS

Amount Per Serving	% DV*
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Monounsaturated Fat 0.0g	
Polyunsaturated Fat 0.0g	
Total trans fatty acids	
Total Omega-3 fatty acids 13.2mg	
Total Omega-6 fatty acids 0.6mg	

### PROTEINS & AMINO ACIDS

Amount Per Serving	% DV*
Protein 0.4g	1%
Tryptophan	
Threonine	
Isoleucine	
Leucine	
Lysine	
Methionine	
Cystine	
Phenylalanine	
Tyrosine	
Valine	
Arginine	
Histidine	
Alanine	
Phenylalanine	
Aspartic acid	
Glutamic acid	
Glycine	
Proline	
Serine	
Hydroxyproline	

### MINERALS

Amount Per Serving	% DV*
Calcium 20.2 mg	2%
Iron 2.5 mg	14%
Magnesium 40.3 mg	10%
Phosphorus 44.0 mg	4%
Potassium 17.6 mg	1%
Sodium 18.8 mg	1%
Zinc 0.5 mg	2%
Copper 0.0 mg	5%
Manganese 0.1 mg	0%
Selenium 0.2 mcg	
Fluoride	

### VITAMINS

Amount Per Serving	% DV*
Vitamin A 33.0IU	1%
Retinol 0.0 mcg	
Retinol Activity Equivalent 1.7 mcg	
Alpha Carotene 0.0 mcg	
Beta Carotene 19.9 mcg	
Beta Cryptoxanthin 0.0 mcg	
Lycopene 0.0 mcg	
Lutein+Zeaxanthin 0.0 mcg	
Vitamin C 0.8 mcg	1%
Vitamin D	
Vitamin E (Alpha Tocopherol) 0.2 mg	
Beta Tocopherol	
Gamma Tocopherol	
Delta Tocopherol	
Vitamin K 1.4 mcg	2%
Thiamin 0.0 mg	0%
Riboflavin 0.1 mg	1%
Niacin 0.2 mg	1%
Vitamin B6 0.0 mg	1%
Folate 51.5 mcg	13%
Food Folate 51.5 mcg	
Folic Acid 0.0 mcg	
Dietary Folate Equivalents 51.5 mcg	
Vitamin B12 0.0 mcg	0%
Pantothenic Acid 0.0 mcg	0%
Choline 3.6 mg	
Betaine	

### STEROLS

Amount Per Serving	% DV*
Cholesterol 0.0 mg	0%
Phytosterols	
Campesterol	
Stigmasterol	
Beta-sitosterol	

### OTHER

Amount Per Serving	% DV*
Alcohol 0.0 g	
Water 22.8 g	
Ash 1.3 g	
Caffeine 0.0 g	
Theobromine 0.0 g	

Footnotes for Seaweed, irishmoss, raw

Source: Nutrient data for this listing was provided by USDA SR-21. Each "--" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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