

a wild-crafted product

Wild AFA™ Organic Microalgae - *Aphanizomenon flos-aquae* (AFA)



Physical Properties

Appearance	Uniform green powder
Plant Part Used	Whole
Odor & Taste	Characteristic
Bulk Density	0.3 - 0.5 g/cc
Particle Size	90 - 95% through 50 mesh

General Composition

	g/100 grams
Calories	300-400
Protein	60-65
Total Carbohydrates	30-35
Total Dietary Fiber	2-7
Total Fat	4-6
Saturated Fat	1.8-2.4
Monounsaturated Fat	0.0-0.5
Polysaturated Fat	1.7-2.7
Trans Fat	<0.1
Sugars	1.5-3.0
Minerals	6-7
Cholesterol	<1 (mg)
Moisture	<8

Vitamins

	mg/100 grams
Vitamin B1 (Thiamine)	1.7 - 2.1
Vitamin B2 (Riboflavin)	4.0 - 5.0
Vitamin B3 (Niacin)	36 - 44
Vitamin B6 (Pyridoxine)	1.3 - 1.6
Vitamin B12 (Cobalamin)	0.3 - 0.4
Ascorbic Acid (Vit C)	36 - 44
Choline	117 - 143
Folic Acid	0.05 - 0.07
Pantothenic Acid	0.28 - 0.34
Biotin	0.02 - 0.02
Vitamin E	0.09 - 0.11 (IU)
Vitamin K	4.3 - 5.3

Amino Acids

	g/100 grams
Alanine	3.5 - 4.3
Arginine	2.9 - 3.2
Asparagine	4.4 - 5.4
Aspartic acid	4.1 - 5.1
Cystine	0.2 - 0.3
Glutamic Acid	4.4 - 5.4
Glutamine	7.0 - 8.9
Glycine	2.1 - 2.5
Histidine	0.8 - 1.0
Isoleucine	2.3 - 2.8

Leucine	3.9 - 4.7
Lysine	2.6 - 3.2
Methionine	0.8 - 1.0
Phenyl Alanine	1.9 - 2.3
Proline	1.8 - 2.2
Serine	2.3 - 2.8
Theronine	2.6 - 3.2
Tryptophan	0.5 - 0.7
Tyrosine	1.4 - 1.8
Valine	2.6 - 3.2

Essential Amino Acids 49%

Minerals

	mg/100 grams
Calcium	765 - 935
Phosphorous	423 - 517
Magnesium	162 - 198
Iron	63 - 77
Sodium	225 - 400
Potassium	954 - 1,166
Zinc	1.1 - 1.3
Copper	0.9 - 1.2
Manganese	2.8 - 3.4
Chromium	0.11 - 0.13
Selenium	0.03 - 0.04
Chloride	180 - 220
Molybdenum	0.4 - 0.5

Fatty Acids

	g/100g
Total Essential FA	1.8 - 2.2
Total Omega-3	1.5 - 1.8
Alpha-Linolenic Acid (ALA)	1.5 - 1.8
Total Omega-6	0.3 - 0.4

Phytopygments

	mg/100 grams
Beta-Carotene	>25,000 (IU)
Chlorophyll	>500
Phycocyanin	>10,000
Phenylethylamine	>0.1 (%)

Microbiological

Standard Plate Count	<500,000 cfu/g
Yeast & Mold	<10,000 cfu/g
Coliform	<1,000 cfu/g
E.coli	Negative
Salmonella	Negative
Staphylococcus	Negative

Heavy Metals

Arsenic	<5 ppm
Lead	<10 ppm
Mercury	<0.5 ppm
Chromium	<1 ppm
Selenium	<1 ppm
Cadmium	<0.3 ppm

Pheophorbides

Total	<100 mg%
Existing	<60 mg%

Pesticides

	mg/kg
Organophosphorous and OrganoSulfur	<0.70
Halogenated	<2.8
Organonitrogen	<0.7
Phenylurea	<0.03
Carbamate	<0.03

Algae Toxins

Microcystins	<1 mcg/g
BMAA	Negative
Aflatoxin	<20 ng/g (ppb)
Anatoxin	<5 mcg/g
Saxatoin	<60 mcg/g

Free from pesticides, herbicides, GMO, or additives.

Aquae Care is GMP Registered and
GMP for Sport™ Registered by NSF.

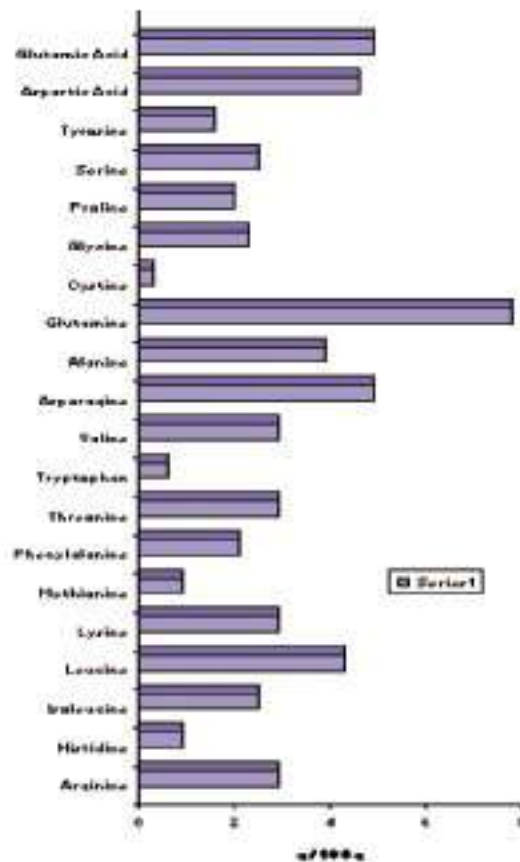


Aquae Care



Blue Green Algae
(Aphanizomenon flos aquae)

Amino acids	g/100g
(Essential in Diet)	
Arginine	2.9
Histidine	0.9
Isoleucine	2.5
Leucine	4.3
Lysine	2.9
Methionine	0.9
Phenylalanine	2.1
Threonine	2.9
Tryptophan	0.6
Valine	2.9
Asparagine	4.9
Alanine	3.9
Glutamine	7.8
Cystine	0.3
Glycine	2.3
Proline	2
Serine	2.5
Tyrosine	1.6
Aspartic Acid	4.6
Glutamic Acid	4.9



Aphanizomenon Flos-Aquae



Teneur en nutriments	
Proteins	60%
Lipids	4%
Carbohydrates	26%
Chlorophyll	1%
Fiber	5.70%
Minerals	6.50%
Moisture	5%

Profil vitaminique

Analyte	Amt. Per 100 g	Unit of measure
Vitamin A	152,300	IU
Thiamine (B-1)	1.9	mg
Riboflavin (B-2)	4.5	mg
Pyridoxine (B-6)	1.5	mg
Vitamin (B-12)	370	µg
Vitamin C	40	mg
Vitamin D	40	IU
Niacin (B-3 ou PP)	40	mg
Choline (lécithine, B ?)	130	mg
Folic Acid (B-9)	60	µg
Pantothenic Acid (B-5)	310	µg
Biotin (B-8)	20	µg
Vitamin E	10	IU

Acides aminés



Fat Profile	%
Saturated Fat	2
Monounsaturated Fat	0.5
Polyunsaturated Fat	1.6
Total Fat	4.1
Fatty Acid Profile Saturated	
Capric	0.1
Lauric	0.1
Tridecanoic	0.1
Myristic	7.5
Pentadecanoic	0.2
Palmitic	37.3
Heptadecanoic (margaric)	0.6
Stearic	1.7
Nonadecanoic	0.1
Arachidic (ecosanoic)	0.2
Heneicosanoic	0.2
Behenic	0.1
Lignoceric	0.1
Total Saturated	48.1
Monounsaturated	
Myristoleic	0.4
Pentadecenoic	0.1
Palmitoleic	3.5
Margaroleic	0.2
Oleic	7.9
Eicosanoic	0.5
Erucic	0.1
Total MUFA's	12.6
Polyunsaturated	
Linoleic	7.1
Linolenic	28.6
18:04	2.7
Eicosadienoic	0.1
Arachidonic	0.2
Eicosapentanoic	1.2
Docosadienoic	0.1
Docosahexaenoic	0.3
Total PUFA's	40.3

Minéraux



Major Minerals	Units: microgram / gram
Calcium	8,500
Chloride	2000
Magnesium	1800
Manganese	31.2
Phosphorus	4700
Potassium	10600
Silicon	6100
Sodium	2500
Trace Minerals	
Boron	100
Chromium	1.2
Cobalt	1.6
Copper	10.5
Fluoride	26
Germanium	0.3
Iodine	0.4
Iron	700
Molybdenum	4.7
Nickel	3.7
Selenium	0.4
Tin	1.2
Titanium	71.7
Vanadium	4.4
Zinc	12.1

Blue Green Algae (*Aphanizomenon flos-aquae*)

Vitamin Profile

Analyte	Amt. Per 100 g	Unit of measure
Vitamin A	152,300	IU
Thiamine (B-1)	1.9	mg
Riboflavin (B-2)	4.5	mg
Pyridoxine (B-6)	1.5	mg
Vitamin (B-12)	370	µg
Vitamin C	40	mg
Vitamin D	40	IU
Niacin	40	mg
Choline	130	mg
Folic Acid	60	µg
Pantothenic Acid	310	µg
Biotin	20	µg
Vitamin E	10	IU

Blue-green-algae
Aphanizomenon flos-aquae

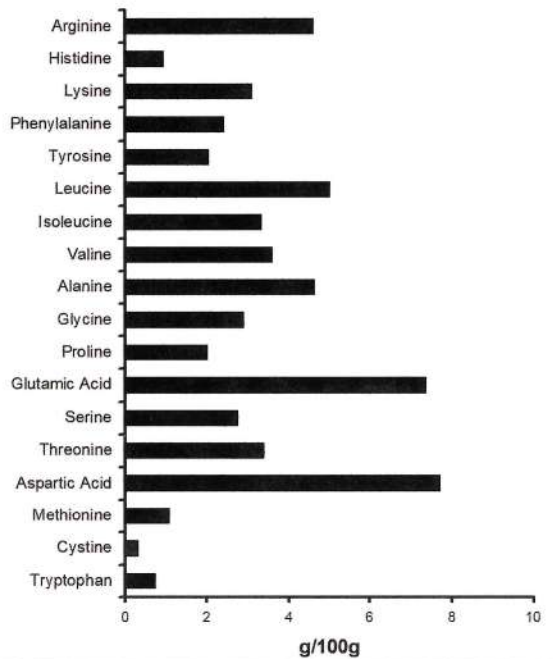
Typical Nutrient Composition

Proteins	60%
Lipids	5%
Carbohydrates	24%
Chlorophyll	1%
Fiber	1%
Minerals	5%
Moisture	4%

Blue-green-algae
Aphanizomenon flos-aquae

Amino acids **g/100g**

Tryptophan	0.72
Cystine	0.3
Methionine	1.05
Aspartic Acid	7.7
Threonine	3.38
Serine	2.74
Glutamic Acid	7.34
Proline	1.99
Glycine	2.89
Alanine	4.62
Valine	3.59
Isoleucine	3.33
Leucine	4.99
Tyrosine	2.04
Phenylalanine	2.41
Lysine	3.1
Histidine	0.93
Arginine	4.59



Fatty Acid Profile	g/100g
C08:0 Octanoic (Caprylic)	< 0.01
C10:0 Decanoic (Capric)	< 0.01
C11:0 Undecanoic (Hendecanoic)	< 0.01
C12:0 Dodecanoic (Lauric)	< 0.01
C14:0 Tetradecanoic (Myristic)	0.32
C14:1 Tetradecanoic (Myristoleic)	0.02
C15:0 Pentadecanoic	0.02
C15:1 Pentadecenoic	< 0.01
C16:0 Hexadecanoic (Palmitic)	1.55
C16:1 Hexadecanoic (Palmitoleic)	0.3
C16:2 Hexadecanoic	< 0.01
C16:3 Hexadecatenoic	< 0.01
C16:4 Hexadecatetraenoic	< 0.01
C17:0 Heptadecanoic (Margaric)	0.05
C17:1 Heptadecenoic Margaroleic	0.32
C18:0 Octadecanoic (Stearic)	0.08
C18:1 Octadecenoic (Oleic)	0.28
C18:2 Octadecadienoic (Linoleic)	0.23
C18:3 Octadecatetraenoic (Linolenic)	1.24
C18:4 Octadecatetraenoic	0.05
C19:0 Nonadecanoic	< 0.01
C20:0 Eicosadienoic (Arachidic)	< 0.01
C20:1 Eicosatrienoic (Gadoleic)	0.02
C20:2 Eicosanoic	< 0.01
C20:3 Eicosanoic	0.02
C20:4 Eicosatetraenoic (Arachidonic)	0.03
C20:5 Eicosapentaenoic	0.02
C21:5 Heneicosanoic	< 0.01
C21:5 Heneicosapentaenoic	< 0.01
C22:0 Docosanoic (Behenic)	< 0.01
C22:1 Docosenoic (Erucic)	< 0.01
C22:2 Docosadienoic	< 0.01
C22:3 Docosatrienoic	< 0.01
C22:4 Docosatetraenoic	< 0.01
C22:5 Docosapentaenoic	< 0.01
C22:6 Docosahexaenoic	< 0.01
C24:0 Tetracosanoic (Lignoceric)	< 0.01
C24:1 Tetracosanoic (Nervonic)	< 0.01

Major Minerals

Units: microgram / gram

Calcium	11900
Chloride	300
Magnesium	2220
Manganese	27.2

Phosphorus	7700
Potassium	12800
Silicon	290
Sodium	3500

Trace Minerals

Aluminum	67
Antimony	nd *
Arsenic	0.07
Barium	9.9
Beryllium	nd
Bismuth	nd
Boron	6.1
Bromide	1.67
Cadmium	0.044
Cerium	0.031
Cesium	0.052
Chromium	0.64
Cobalt	0.64
Copper	3.3
Dysprosium	nd
Erbium	nd
Europium	nd
Flouride	20
Gadolinium	nd
Gallium	0.02
Germanium	0.09
Gold	nd
Hafnium	nd
Holmium	nd
Indium	nd
Iodine	0.39
Iridium	nd
Iron	390
Lanthanum	0.04
Lead	0.035
Lithium	1.17
Lutetium	nd
Mercury	nd

Molybdenum	2.97
Neodymium	0.025
Nickel	0.86
Niobium	nd
Osmium	nd
Palladium	0.024
Platinum	nd
Praseodymium	nd
Rhenium	nd
Rubidium	1.88
Ruthenium	nd
Samarium	nd
Scandium	
Selenium	0.34
Silver	nd
Strontium	62
Sulfur	
Tantalum	nd
Tellurium	nd
Terbium	
Thallium	0.013
Thorium	nd
Thulium	nd
Tin	0.015
Titanium	4.4
Tungsten	1.6
Uranium	0.151
Vanadium	1.5
Ytterbium	nd
Yttrium	0.015
Zinc	11.2
Zirconium	0.076

* nd = not detected

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