

# APPENDIX B

## Nutrient Values of Common Green Food Supplements

|                             | <b>Dehydrated<br/>Wheat Grass<br/>whole leaf<br/>(U.S.A.)</b> | <b>Dehydrated<br/>Barley Grass<br/>juice extract<br/>(Japan)</b> | <b>Dehydrated<br/>Alfalfa<br/>whole leaf<br/>(U.S.A.)</b> | <b>Dehydrated<br/>Spirulina<br/><br/>(Mexico)</b> |
|-----------------------------|---|--|---|---|
| Chlorophyll<br>(mg./100g.)  | 543   | 186  | 168   | 528   |
| Beta-Carotene<br>(IU/100g.) | 23,136  | 4,795  | 4,524   | 22,109  |
| Iron<br>(mg./100g.)         | 33.7  | 4.68   | 75.4  | 44.88   |
| Crude Fiber<br>(%)          | 16.51   | 1.36   | 25.0  | 1.79  |
| Protein<br>(%)              | 22.13   | 19.85  | 17.5  | 53.88   |
| Fat<br>(%)                  | 6.49  | 12.76  | *   | 6.08  |

\* No data available

Sources: References 64 and 153.