

A product is only as Good as the Ingredients it's made with!

<i>Fresh Coconut Sap</i>	
VITAMIN CONTENT	
VITAMIN	Fresh Coconut Sap Value (MG/DL)
Thiamine (B-1)	77.00
Riboflavin (B-2)	12.20
Pyridoxine (B-6)	38.40
Pantothenic Acid (B-5)	5.20
Niacin (B-3)	40.60
Biotin (B-7)	0.17
Folic Acid (B-9)	0.24
Inositol	127.70
Choline	9.00
Vitamin (B-12)	trace
Vitamin C	23.4
MINERAL CONTENT	
MINERAL	Fresh Coconut Sap Value (MG/L)
Nitrogen (N)	2,020.0
Phosphorus (P)	790.0
Potassium (K)	10,300.0
Calcium (Ca)	60.0
Magnesium (Mg)	290.0
Sodium (Na)	450.0
Sulfur (S)	260.0
Boron (B)	6.3
Zinc (Zn)	21.2
Manganese (Mn)	1.3
Copper (Cu)	2.3
Iron (Fe)	21.9
AMINO ACID CONTENT	
AMINO ACID	Fresh Coconut Sap Value (G /100G)
Tryptophan	1.27
Lysine	0.32
Histidine	1.19
Arginine	0.35
Aspartic Acid	11.22
Threonine	15.36
Serine	8.24
Glutamic Acid	34.20
Proline	3.52
Glycine	0.47
Alanine	2.56
Valine	2.11
Methionine	trace
Isoleucine	0.38
Leucine	0.48
Tyrosine	0.31
Phenylalanine	0.78

<i>Fresh Apples*</i>	
VITAMIN CONTENT	
VITAMIN	Fresh Apples Value (MG/100G)
Thiamine (B-1)	0.019
Riboflavin (B-2)	0.028
Pyridoxine (B-6)	0.037
Pantothenic Acid B-5)	0.071
Niacin (B-3)	0.091
Biotin (B-7)	–
Folic Acid (B-9)	0
Inositol	–
Choline	3.4
Vitamin (B-12)	0
Vitamin C	4.0
MINERAL CONTENT	
MINERAL	Fresh Apples Value (MG/100G)
Nitrogen (N)	–
Phosphorus (P)	11
Potassium (K)	90
Calcium (Ca)	5
Magnesium (Mg)	4
Sodium (Na)	0
Sulfur (S)	–
Boron (B)	–
Zinc (Zn)	0.05
Manganese (Mn)	–
Copper (Cu)	0.031
Iron (Fe)	0.07
AMINO ACID CONTENT	
AMINO ACID	Fresh Apples Value (G/100G)
Tryptophan	0.001
Lysine	0.013
Histidine	0.005
Arginine	0.006
Aspartic Acid	0.074
Threonine	0.006
Serine	–
Glutamic Acid	0.026
Proline	0.006
Glycine	0.009
Alanine	0.012
Valine	0.012
Methionine	0.001
Isoleucine	0.006
Leucine	0.014
Tyrosine	0.001
Phenylalanine	0.007

* Extracted from the USDA Nutrient Data Base