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DATA SHEET

Last Updated: 08/06/2010

E3Live® Fresh Frozen Liquid (Aphanizomenon flos-aquae)

Genus: Aphanizomenon
 Species: *flos-aquae*
 Plant Part: 100% Whole Algae

Condition: Frozen Liquid
Appearance: Frozen/Liquid
Color: Dark-Green to Green

Data listed below are averages only and not to be considered as guaranteed, expressed or implied and are not as condition of sale. As with any wild-crafted product, seasonal variations can and will occur since its feed and growth are not artificially controlled.

Typical Nutrient Composition (15mL)			
Calories	5.0	Total Carbohydrates	0.17 g
Calories from Fat	<1	Dietary Fiber	0.01 g
Total Fat *	0.03 g	Sugars	< 1 g
Saturated Fat	0.02 g	Protein	0.03 g
Trans Fat	0.00 g	C-Phycocyanin	0.90 mg
Cholesterol	0.00 g	Phenylethylamine (PEA)	.54 mg
Sodium	1.95 mg	Moisture:	100%

Vitamins			
Provitamin A Beta Carotene	363.00 IU	E (alpha-tocopherol)	<1 IU/mL
B1 (Thiamine)	210.00 mcg/mL	C (Ascorbic Acid)	None Detected
B2 (Riboflavin)	720.00 mcg/mL	Biotin	<1 mcg/mL
B3 (Niacin)	1.11 mg/mL	Choline	Not Tested
B5 (Pantothenic Acid)	3.17 mg/mL	Folic Acid	<1 mcg/mL
B6 (Pyridoxine)	120 mcg/mL	Inositol	Not Tested
B12 (Cobalamin) **	10.28 mcg/mL	K	.01/ mcg/mL

Minerals			
Calcium	436 mcg/mL	Manganese	1.19 mcg/mL
Chromium	.04 mcg/mL	Potassium	5.49 mcg/mL
Iron	20 mcg/mL	Selenium	None Detected
Magnesium	.33 mcg/mL	Zinc	.41 mcg/mL

Minerals: Present In Trace Amounts Only ***			
Boron	Flouride	Nickel	Titanium
Chloride	Germanium	Phosphorus	Vanadium
Cobalt	Iodine	Silicon	
Copper	Molybdenum	Tin	

Amino Acids			
Aspartic Acid	2.92 mg/mL	Methionine	.29 mg/mL
Threonine	1.52 mg/mL	Isoleucine	1.28 mg/mL
Serine	1.39 mg/mL	Leucine	2.19 mg/mL
Glutamic Acid	2.13 mg/mL	Tyrosine	1.39 mg/mL
Proline	.84 mg/mL	Phenylalanine	1.33 mg/mL
Glycine	.84 mg/mL	Histidine	.38 mg/mL
Alanine	2.01 mg/mL	Lysine	1.23 mg/mL
Valine	1.26 mg/mL	Arginine	2.54 mg/mL

* Note: Alpha-Linolenic Acid (Omega 3) and Gamma-Linolenic Acid (Omega 6)

** Note: It has been documented that only a small portion in AFA is bioavailable.

*** Note: Trace minerals are required in very minute amounts for proper physical function.
 Analysis yields the presence of trace amounts only.