



Earth's Essential Elements- E3Live™
Klamath Lake Blue-Green Algae
(*Aphanizomenon flos-aquae*)

DATA SHEET

Genus: Aphanizomenon flos-aquae Appearance: Frozen
 Plant Part: Algae
 Color: Dark Green to Blue-Green

Typical Nutrient Composition 1-TBS (15ml)

Protein:	< 1gram	Essential Fatty Acids	
Fat:	< 1gram		
Carbohydrate:	< 1gram	Alpha-Linolenic Acid (Omega 3)	10.70 mg
Fiber:	1.50%	Gamma-Linolenic Acid (Omega 6)	2.15 mg
Moisture:	94 to 95%		
Chlorophyll	.59%		
Calories:	3.9 Cal / .016kJ		

VITAMINS

Provitamin A Beta Carotene	1890 IU	Vitamin E	.59 IU
Thiamin (B1)	27 mcg	Biotin	0.10 mcg
Riboflavin (B2)	49 mcg	Folic Acid	.73 mcg
Niacin (B3)	.05 mg	Choline	.80 mcg
Pantothenic Acid (B5)	2.38 mcg	Cobalamin (B12)	2.80 mcg
Pyridoxine (B6)	3.85 mcg	Vitamin K	34 mcg
Inositol	55.50 mcg		
Vitamin D	318.42 mcg		

MINERALS

Boron	.05 mg	Iodine	.18 mcg	Selenium	.23 mcg
Calcium	4.86 mg	Iron	121.69 mcg	Silicon	65.2 mcg
Chloride	.02 mg	Magnesium	.76 mg	Sodium	.94 mg
Chromium	.18 mcg	Manganese	11.12 mcg	Tin	.172 mcg
Cobalt	.69 mcg	Molybdenum	1.15 mcg	Titanium	16.17 mcg
Copper	1.49 mcg	Nickel	1.84 mcg	Vanadium	.96 mcg
Fluoride	13.21 mcg	Potassium	4.16 mcg	Zinc	6.51 mcg
Germanium	.09 mcg	Phosphorus	1.82 mcg		

TYPICAL AMINO ACID CONTENT (per 15ml)

Essential Amino Acids				Non-Essential Amino Acids			
Arginine	13.19 mg	Methionine	2.43 mg	Alanine	16.30 mg	Glutamine	27.06 mg
Histidine	3.12 mg	Phenylalanine	8.68 mg	Asparagine	15.91mg	Glycine	10.06 mg
Isoleucine	10.06 mg	Threonine	11.52 mg	Aspartic Acid	2.43 mg	Proline	10.13 mg
Leucine	18.04 mg	Tryptophan	2.42 mg	Cystine	.69 mg	Serine	10.01 mg
Lysine	12.15 mg	Valine	11.10 mg	Glutamic Acid	1.39 mg	Tyrosine	5.89 mg

Data listed above are averages only and are not to be considered as guarantees or express 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.