

# Gelidium Nutritional Information

## Supplement Facts

**Serving Size: 1 Tbsp (8 g)**

**Servings per Container: 7**

**Calories** - 26 Calories from fat - 0

	Amount per serving	% Daily* Value
<b>Sodium</b>	8 mg	<1%
<b>Total Carbohydrate</b>	6 g	2%
Dietary Fiber	0.6 g	2%
<b>Protein</b>	0.5 g	
Vitamin A		0%
Vitamin C		0%
Vitamin E		2%
Calcium		5%
Iron		10%
Magnesium		15%

\*Percent Daily Values are based on the 2000 Calorie Diet. Your daily values may be higher or lower depending on your calorie needs.

\*\*Daily value not established.

**Suggested Use:** Agar can be used as a vegetable substitute for to make gelatin. Dilute 2 Tbsp. of Agar Powder in 1 pint of water or fruit juice. Cook for 5 minutes and then add fruit or vegetables. Pour into mold and refrigerate until hard.

**Free of:** sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

**Other Ingredients:** Agar-Agar Powder; 100% pure. Agar Powder is derived entirely from natural seaweed.

**Warnings:** None

**Disclaimers:** None

This product is sold by weight not volume.