

Gracilaria 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
Sodium	8 mg	<1%
Total Carbohydrate	6 g	2%
Dietary Fiber	0.6 g	2%
Protein	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.		