
	SE Corner San Carlos & 4th Suite 10 Carmel-by-the-Sea, CA 93921	Tel: 831.626.0555
		Fax: 831.626.0556
		info@Vita-Forte.com

NUTRITIONAL DATA
Freeze Dried Maqui Berry Organic Powder

Nutrients	Value
Serving Size:	100g
Total Calories	429 kcal
Calories from Fat	90 kcal
Total Fat	10g
Sat. Fat	1.46g
Trans Fat	0.02g
Monounsaturated	3.68g
Polyunsaturated	4.42g
Protein	7.42g
Carbohydrate	77.36g
Dietary Fiber	57.7g
Total Sugars	9.57g
Fructose	5.36g
Glucose	4.03g
Lactose	<0.15g
Maltose	<0.15g
Sucrose	0.18g
Cholesterol	<0.8mg
Moisture	2.4%
Ash	2.8%

Nutrients Cont.	Value
Serving Size:	100g
Potassium	928mg
Sodium	14mg
Calcium	351mg
Iron	6.5mg
Beta carotene	408 IU
Vitamin C	1.31mg
Total Vitamin D2 and D3	<4.00 IU
Vitamin D2	<4.00 IU
Vitamin D3	<4.00 IU
Copper	5.4ppm
Magnesium	88mg
Niacin	2.28mg
Phosphorus	174mg
Total Folate	0.0767mg
Total Omega 6 Isomers	4.21g
Vitamin B2	0.722mg
Vitamin B5	0.498mg
Total Vitamin E	4.32mg
Zinc	10ppm

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Fatty Acids	
C4:0 (Butyric acid)	<0.01%
C6:0 (Caproic acid)	<0.01%
C8:0 (Caprylic acid)	<0.01%
C10:0 (Capric acid)	<0.01%
C11:0 (Undecanoic acid)	<0.01%
C12:0 (Lauric acid)	0.04%
C14:0 (Myristic acid)	0.07%
C14:1 (Myristoleic acid)	<0.01%
C15:0 (Pentadecanoic acid)	<0.01%
C15:1 (Pentadecenoic acid)	<0.01%
C16:0 (Palmitic acid)	0.95%
C16:1 Omega 7	0.04%
C16:1 Total (Palmitoleic acid + isomers)	0.05%
C16:2 (Hexadecadienoic acid)	<0.01%
C16:3 (Hexadecatrienoic acid)	<0.01%
C16:4 (Hexadecatetraenoic acid)	<0.01%
C17:0 (Margaric acid)	<0.01%
C17:1 (Heptadecenoic acid)	<0.01%
C18:0 (Stearic acid)	0.25%
C18:1 (Vaccinic acid)	0.28%

Fatty Acids Cont.	
C18:1 Omega 9 (Oleic acid)	3.19%
C18:1 Total (Oleic acid + Isomers)	3.48%
C18:2 Omega 6 (Linoleic acid)	4.11%
C18:2 Total (Linoleic acid + Isomers)	4.13%
C18:3 Omega 3 (Alpha Linolenic acid)	0.19%
C18:3 Omega 6 (Gamma Linolenic acid)	<0.01%
C18:3 Total (Linolenic acid + Isomers)	0.19%
C18:4 Omega 3 (Octadecatetraenoic acid)	<0.01%
C18:4 Total (Octadecatetraenoic acid)	<0.01%
C20:0 (Arachidic acid)	0.01%
C20:1 Omega 9 (Gondoic acid)	0.02%
C20:1 Total (Gondoic acid + Isomers)	0.02%
C20:2 Omega 6	<0.01%
C20:2 Total (Eicosadienoic acid)	<0.01%
C20:3 Omega 3	<0.01%
C20:3 Omega 6	<0.01%
C20:3 Total (Eicosatetraenoic acid)	<0.01%
C20:4 Omega 3	<0.01%

Fatty Acids Cont.	
C20:4 Omega 6 (Arachidonic acid)	<0.01%
C20:4 Total (Eicosatetraenoic acid)	<0.01%
C20:5 Omega 3 (Eicosapentaenoic acid)	<0.01%
C21:5 Omega 3 (Heneicosapentaenoic acid)	<0.01%
C22:0 (Behenic acid)	0.02%
C22:1 Omega 9 (Erucic acid)	<0.01%
C22:1 Total (Erucic acid + Isomers)	<0.01%
C22:2 Docosadienoic Omega 6	<0.01%
C22:3 Docosatrienoic Omega 3	<0.01%
C22:4 Docosatetraenoic Omega 6	<0.01%
C22:5 Docosapentaenoic Omega 3	<0.01%
C22:5 Docosapentaenoic Omega 6	<0.01%
C22:5 Total (Docosapentaenoic acid)	<0.01%
C22:6 Docosahexaenoic Omega 3	<0.01%
C24:0 (Lignoceric acid)	0.01%
C24:1 Omega 9 (Nervonic acid)	<0.01%
C24:1 Total (Nervonic acid + Isomers)	<0.01%
Total Omega 3 Isomers	0.20%
Total Omega 5 Isomers	<0.01%
Total Omega 6 Isomers	4.11%
Total Omega 7 Isomers	0.32%
Total Omega 9 Isomers	3.21%