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

Nutritional Information

Freeze Dried Coconut Water Organic Powder

Nutrients	Value	Unit
Serving Size		100g
Total Calories	348	kcal/100g
Calories from Fat	2	kcal/100g
Saturated Fat	0.14	g/100g
Trans Fat	<0.01	g/100g
Total Fat as Triglycerides	0.24	g/100g
Polyunsaturated Fatty Acids	<0.05	g/100g
Monounsaturated Fatty Acids	0.06	g/100g
Protein	1	g/100g
Carbohydrate	85	g/100g
Dietary Fiber	<0.2	g/100g
Cholesterol	<0.8	mg/100g
Sodium	341	mg/100g
Calcium	167	mg/100g
Iron	0.2	mg/100g
Vitamin D2	<4.00	IU/100g
Vitamin D3	<4.00	IU/100g
Total Vitamin D2 & D3	<4.00	IU/100g
Niacin	0.592	mg/100g
Magnesium	11	mg/100g
Phosphorus	124	mg/100g
Vitamin C	1.7	mg/100g
Potassium	869	mg/100g
Moisture	2.0	%/100g
Ash	11	%/100g

Nutrients	Value	Unit
Serving Size		100g
Sugars		
Fructose	12.83	g/100g
Glucose	11.87	g/100g
Lactose	<0.15	g/100g
Maltose	<0.15	g/100g
Sucrose	12.83	g/100g
Total Sugars	37.53	g/100g
Beta Carotene	<30	IU/100g
Copper	<1	ppm/100g
Total Folate	0.0349	mg/100g
Total Omega 6 Isomers	0.01	g/100g
Vitamin B2	<0.100	mg/100g
Vitamin B5	0.178	mg/100g
Vitamin E	<0.1	mg/100g
Zinc	<0.5	ppm/100g

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Fatty Acids	
C8:0 (Caprylic acid)	<0.01%
C10:0 (Capric acid)	0.01%
C11:0 (Undecanoic acid)	<0.01%
C12:0 (Lauric acid)	0.02%
C14:0 (Myristic acid)	0.01%
C14:1 (Myristoleic acid)	<0.01%
C15:0 (Pentadecanoic acid)	<0.01%
C15:1 (Pentadecenoic acid)	<0.01%
C16:0 (Palmitic acid)	0.04%
C16:1 (Palmitoleic)	<0.01%
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)	<0.01%
C18:1 Octadecenoic (oleic + Isomers)	0.03%
C18:2 Omega 6 (Linoleic acid)	<0.01%
C18:2 Total (Linoleic acid + Isomers)	<0.01%

Fatty Acids Cont.	
C18:3 Omega 3 (Alpha Linolenic acid)	<0.01%
C18:3 Omega 6 (Gamma Linolenic acid)	<0.01%
C18:3 Total (Linolenic + Isomers)	<0.01%
C18:4 Omega 3 (Octadecatetraenoic acid)	<0.01%
C20:0 (Arachidic acid)	<0.01%
C20:1 Total (Gondoic acid + Isomers)	<0.01%
C20:2 Total (Eicosadienoic acid)	<0.01%
C20:3 Eicosatrienoic Omega 3	<0.01%
C20:3 Eicosatrienoic Omega 6	<0.01%
C20:3 Eicosatrienoic	<0.01%
C20:4 Eicosatetraenoic Omega 3	<0.01%
C20:4 Eicosatetraenoic Omega 6	<0.01%
C20:4 Eicosatetraenoic	<0.01%

Fatty Acids Cont.	
C20:5 Omega 3 (Eicosapentaenoic acid)	<0.01%
C21:5 Omega 3 (Heneicosapentaenoic acid)	<0.01%
C22:0 (Behenic 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%
Sum of Omega 3	<0.01%
Sum of Omega 6	<0.01%
Total Fatty Acids Calc.	<0.01%