



Typical nutritional value of nutraceutical garlic powder/100 grams
updated 09/01/2008

<i>Nutritional Category</i>	Average	ADOGA*	Units
	Values	Values	
<i>Calories</i>	372	289.00	Cal
<i>Total Fat</i>	0.07	0.40	g
<i>Saturated Fat</i>	0.01	N/P***	g
<i>Cholesterol</i>	N/D	N/P	mg
<i>Sodium</i>	25.00	29.00	mg
<i>Total Carbohydrate</i>	80	74	g
<i>Dietary Fiber</i>	20.00	18.00	g
<i>Sugars</i>	2.0	2.00	g
<i>Protein</i>	13.00	15.00	g
<i>Vitamin A</i>	163.00	N/P	IU
<i>Vitamin C</i>	3.5	2.00	mg
<i>Calcium</i>	162.00	123.00	mg
<i>Iron</i>	2.20	6.00	mg
<i>Vitamin E</i>	0.86	N/A****	IU
<i>Thiamin</i>	0.13	0.39	mg
<i>Riboflavin</i>	0.13	0.14	mg
<i>Niacin</i>	N/D	N/A	mg
<i>Vitamin B6</i>	6.0	N/A	mg
<i>Folate</i>	N/D	N/A	mcg
<i>Vitamin B12</i>	0.10	N/A	mcg
<i>Biotin</i>	N/D	N/A	mg
<i>Pantothenic Acid</i>	0.70	N/A	mg
<i>Phosphorus</i>	356.00	350.00	mg
<i>Iodine</i>	N/D	N/A	mcg

<i>Magnesium</i>	72.00	70.00	mg
<i>Zinc</i>	4.0	2.50	mg
<i>Copper</i>	0.30	0.60	mg
<i>Selenium</i>	0.02	N/A	mg
<i>Moisture</i>	3.60	6.80	g
<i>Ash</i>	3.50	4.00	g

*** None Detected**

**** Nutritional analyses obtained by The American Onion and Garlic Association (ADOGA)**

***** Not present at levels significant for reporting**

******Not Available**