



Chlorophyll, Dietary Fibre, Mineral and Vitamin Content in Sime Fresh Temperate Vegetables

| Test Parameters | Unit | Value per 100am of edible portion | | | |
|-------------------|------|-----------------------------------|---------|---------|-------|
| | | Butterhead | Romaine | Batavia | Lollo |
| Chlorophyll | g | 0.24 | 0.28 | 0.25 | 0.3 |
| Dietary Fibre | g | 1.43 | 1.70 | 1.41 | 2.51 |
| Calcium (as Ca) | mg | 38.9 | 45.8 | 34.1 | 63.7 |
| Iron (as Fe) | mg | 0.56 | 1.13 | 0.6 | 1.14 |
| Sodium (as Na) | mg | 5.05 | 9.99 | 10.6 | 13.9 |
| Potassium (as K) | mg | 352.4 | 441.3 | 435.6 | 647.9 |
| Phosphorus (as P) | mg | 10.0 | 10.0 | 10.0 | 20.0 |
| Magnesium (as Mg) | mg | 14.10 | 22.50 | 22.90 | 30.60 |
| Vitamin A | IU | 2,220 | 611 | 167 | 666 |
| Vitamin C | mg | 3.2 | 5.0 | 1.9 | 1.9 |
| Vitamin E | mg | 6.3 | 1.6 | 6.9 | 6.2 |

Certificate of Analysis: CL / M80233-39/2001