

030-S-033 SPEARMINT LEAVES

February 23, 2005

Total Weight: 0.13 g (0.00 oz-wt.)
 Serving Size: 0.13 g (0.00 oz-wt.)
 Serves: 1.00
 Cost: --

Multi-Column

Basic Components

Calories	0.38
Calories from Fat	0.07
Calories from Saturated Fat	0.02
Protein	0.03 g
Carbohydrates	0.07 g
Dietary Fiber	0.04 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	-- g
Other Carbs	-- g
Fat - Total	0.01 g
Saturated Fat	0.00 g
Mono Fat	0.00 g
Poly Fat	0.00 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	0.02 g

Vitamins

Vitamin A IU	14.11 IU
Thiamin-B1	0.00 mg
Riboflavin-B2	0.00 mg
Niacin-B3	0.01 mg
Vitamin-B6	0.00 mg
Vitamin-B12	0 mcg
Biotin	-- mcg
Vitamin C	0 mg
Vit E Alpha-Tocopherol	0.00 mg
Folate	0.71 mcg
Vitamin K	-- mcg
Pantothenic Acid	0.00 mg

Minerals

Calcium	1.98 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.00 mg

Iodine	-- mcg
Iron	0.12 mg
Magnesium	0.80 mg
Manganese	0.02 mg
Molybdenum	-- mcg
Phosphorus	0.37 mg
Potassium	2.57 mg
Selenium	-- mcg
Sodium	0.46 mg
Zinc	0.00 mg

Saturated Fats

18:0-Stearic	0.00 g
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Other

Alcohol	0 g
Caffeine	0 mg
Sugar Alcohol	-- g