



# INTERNATIONAL AG LABS

## A BIOLOGICAL APPROACH TO AGRICULTURE

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### NUTRIENT DENSITY ANALYSIS

**NAME:** Jon  
**ADDRESS:**  
**CITY/STATE:** Garden Bed #8

**LAB TEST #:** A241  
**DATE:** 7/25/2013  
**FOOD TESTED:** Green Beans  
**SAMPLE NAME:** Renegade

**Free Nitrates in Sap (PPM):** 350  
**Brix Reading of Sap:** 7.2      **Brix Reference:** Average  
**Percent Dry Matter (DM):** 13.8      **DM Reference:** 9.7

**Nutrient Density**

**114.3**

**Score**

<b>Nutrient</b>	<b>Unit</b>	<b>USDA Reference</b> Nutrients per 100 grams	<b>Your Sample</b> Nutrients per 100 grams	<b>%Daily Value</b>
<b>Protein</b>	Gram	1.8	3.2	6.5
<b>Calcium</b>	Milligram	37	274	27.4
<b>Phosphorous</b>	Milligram	38	93	9.3
<b>Potassium</b>	Milligram	211	575	16.4
<b>Magnesium</b>	Milligram	25	37	9.3
<b>Copper</b>	Milligram	0.07	0.14	6.8
<b>Iron</b>	Milligram	1.03	1.21	6.7
<b>Zinc</b>	Milligram	0.24	0.88	5.8
<b>Manganese</b>	Milligram	0.22	0.30	15.1