



INTERNATIONAL AG LABS

A BIOLOGICAL APPROACH TO AGRICULTURE

PHONE 507-235-6909 FAX 507-235-9155 P.O. BOX 788 FAIRMONT, MN 56031

NUTRIENT DENSITY ANALYSIS

NAME:
ADDRESS:
CITY/STATE: Pennsylvania

LAB TEST #: A551
DATE: 10/11/2013
FOOD TESTED: Green Beans
SAMPLE NAME:

Free Nitrates in Sap (PPM): 280
Brix Reading of Sap: 3.4 **Brix Reference:** Deficient
Percent Dry Matter (DM): 5.1 **DM Reference:** 9.7

Nutrient Density

43.9

Score

| Nutrient | Unit | USDA Reference Nutrients per 100 grams | Your Sample Nutrients per 100 grams | %Daily Value |
|--------------------|-------------|--|---|---------------------|
| Protein | Gram | 1.8 | 1.6 | 3.2 |
| Calcium | Milligram | 37 | 53 | 5.3 |
| Phosphorous | Milligram | 38 | 42 | 4.2 |
| Potassium | Milligram | 211 | 165 | 4.7 |
| Magnesium | Milligram | 25 | 27 | 6.7 |
| Copper | Milligram | 0.07 | 0.06 | 2.9 |
| Iron | Milligram | 1.03 | 0.52 | 2.9 |
| Zinc | Milligram | 0.24 | 0.45 | 3.0 |
| Manganese | Milligram | 0.22 | 0.14 | 7.1 |