



Phymatolithon (ex-Lithothamnion calcareum)

Nutritional data sheet

Content for 100 g of dried seaweed (raw product)

Modified November 2024

Parameter	Unit	Content (mean)	Min	Max	Data number
Energy	kJ	101			
Energy	kcal	24			
Moisture	g	0,4	0,3	0,7	3
Minerals	g	93,6	88,2	99,2	11
Proteins, total (Nx6.25)	g	2,5	2,5	2,5	1
Carbohydrates (by difference)	g	3,5			
Sugars	g	nd			
Dietary fibers	g	nd			
Lipids	g	nd			
Saturated fatty acids	g	nd			
Monounsaturated fatty acids	g	nd			
Polyunsaturated fatty acids	g	nd			
Polyphenols	g	nd			
Chlorides	mg	nd			
Sodium, Na	mg	371	31	518	4
Magnesium, Mg	mg	2 653	1 394	4 481	18
Phosphorus, P	mg	113	50	348	6
Potassium, K	mg	92	35	199	5
Calcium, Ca	mg	30 445	25 390	33 854	24
Manganese, Mn	mg	17,4	8,6	47,8	6
Iron, Fe	mg	144,3	2,5	248,9	5
Copper, Cu	mg	3,7	0,2	15,4	5
Zinc, Zn	mg	3,1	0,5	5,9	6
Iodine, I	mg	3,1	2,0	5,6	11
Sélénium, Se	µg	97,1	94,6	99,6	2
Chromium, Cr	µg	945,9	700,0	1 300,0	4
Molybdenum, Mo	µg	1 991,4	100,0	3 900,0	2
Vitamin A (eq retinol)	mg	nd			
Beta-carotene	mg	nd			
Vitamin D	µg	nd			
Vitamin E (eq tocopherols)	mg	nd			
Vitamin K or phytomenadione	µg	nd			
Vitamin C	mg	nd			
Vitamin B1, thiamin	mg	nd			
Vitamin B2, riboflavin	mg	nd			
Vitamin B3 (PP), niacin	mg	nd			
Vitamin B5, panthothenic acid	mg	nd			
Vitamin B6, pyridoxin	mg	nd			
Vitamin B8 (H), biotin	µg	nd			
Vitamin B9, folates	µg	nd			
Vitamin B12, cobalamin	µg	nd			

***Warning : Algae used in food must have a maximum iodine content of 2000 mg / kg dry content (AFSSA n ° 2007-SA-0007)**