

POTASSIUM

1605 mg



4.5 x banana

FOLATE

109 ug



2.1 x asparagus

**VITAMIN B2
(RIBOFLAVIN)**

.32 mg



1.8 x spinach

PANTOTHENIC ACID

1.4 mg



3.6 x whole milk

COPPER

2.0 mg



3.4 x seaweed spirulina

IRON

2.1 mg



1.3 x lean sirloin

MAGNESIUM

75 mg



1.0 x mackerel

FIBRE

14.9 mg



9.3 x mango

ZINC

1.9 mg



2.2 x chicken breast

VITAMIN K

21 ug



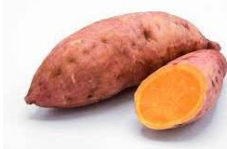
1.2 x blueberries

OVĀVO
FREEZE-DRIED PURE AVOCADO

100 GRAM EQUIVALENT COMPARISON

**VITAMIN B3
(NIACIN)**

5.2 mg



10.2 x sweet potato

VITAMIN B6

1.6 mg



16 x oats

VITAMIN C

25.7 mg



4.5 x carrots

VITAMIN E

6.5 mg



6 x broccoli