

## Nutritional Information

**Product Name: Spearmint Oil, Mentha spicata, - Pure, Undiluted, Therapeutic & Food Grade,  
Code: 1438**

Nutrient	Amount per 100 gram of Ingredient	By Analysis	By Calculation
Caloric Value (kcal)			X
Calories From Fat (kcal)	NT		
Fat (g)	NT		
Saturated Fat (g)	NT		
Cholesterol (mg)	NT		
Trans Fatty Acids (mg)	NT		
Sodium (mg)	NT		
Total Carbohydrates (g)	NT		
Dietary Fiber (g)	NT		
Sugars (g)	NT		
Protein (g)	NT		
Vitamin A (IU)	NT		
Vitamin C (mg)	NT		
Calcium (mg)	NT		
Iron (mg)	NT		
Other Carbohydrates (g)	NT		
Ash (g)	<0.10		
Thiamine B1 (mg)	NT		
Riboflavin (mg)	NT		
Phosphorus (mg)	NT		
Copper (mg)	NT		
Magnesium (mg)	NT		
Manganese (mg)	NT		
Potassium (mg)	NT		
Zinc (mg)	NT		
Chromium (mg)	NT		
Barium (mg)	NT		
Aluminum (mg)	NT		
Vitamin D (IU)	NT		
Vitamin E (IU)	NT		
Vitamin B6 (mg)	NT		
Biotin (mg)	NT		
Vitamin B12 (mcg)	NT		
Iodine B12 (mcg)	NT		
Niacin B3 (mg)	NT		
Monounsaturated Fatty Acid (g)	NT		
Water (g)			X
% Alcohol by Weight (g)			X
Niacin Equivalent (NE)	NT		
Folate (mcg)	NT		
Pantothenic Acid (mg)	NT		
Caffeine (mg)	NT		
Sulfites (ppm)	NT		

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Non-nutritive material*			X

Information entered is as much as currently available.

NT - Not Tested or No Trace.

One teaspoon equals approximately 4 grams. To determine the values for one teaspoon, divide the values shown in the above graph by 25.

\* Non-nutritive material, i.e. essential oils, aroma chemicals, etc., are not metabolized by the human body and do not provide nutritive value. \*This product contains smoke derived organics which are not classified as fat, protein, or carbohydrates but have caloric value of 3.5 calories/g