



# Organic Nori Seaweed Powder

Roasted Seaweed from the Seaweed Species *Porphyra Yezoensis*

- All-natural
- Vegan
- 100% nori, no carriers or other ingredients included
- Organic certified
- Non-GMO
- Gluten-free, dairy-free and soy-free
- Kosher certified
- No trans fat
- No cholesterol
- No MSG



*Distributed by:*



1547 Palos Verdes Mall, #131  
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Nori is the Japanese name for the edible *Porphyra Yezoensis* red algae seaweed that is roasted or dried for food consumption. A traditional Japanese food ingredient, nori is commonly seen as the paper-thin black seaweed wrap used in sushi, and it can also be found in many Japanese food dishes.

In recent years, the use of nori in snacks has greatly increased in popularity. **Organic Nori Seaweed Powder**, a very flavorful and versatile product, makes a great addition to snacks such as chips, popcorn, crackers and hummus. A savory way to add marine nutrients to any food, **Organic Nori Seaweed Powder** can even enhance soup, pasta and rice dishes.

**Organic Nori Seaweed Powder** is a true superfood—low in calories and high in balanced nutrition such as protein, calcium, vitamins A, B, and C, iron and vegetable fibers. Derived from *Porphyra yezoensis*, our product contains the highest level of nutrients among sea vegetables.

### Compare *Organic Nori Seaweed Powder* with Other Foods

Per 100 grams	Protein g	Fiber g	Phosphorus mg	Vitamin A	Vitamin B1 IU	Vitamin B2 mg	Vitamin C mg	Calcium mg	Iron mg
<b>Our Nori</b>	<b>39.8</b>	<b>1.8</b>	<b>600</b>	<b>20,000</b>	<b>1.0</b>	<b>2.90</b>	<b>75</b>	<b>410</b>	<b>12.9</b>
Avocados	2	7.0	54	146	0.75	0.14	10	12	0.6
Eggs	12.3	0.0	200	640	0.08	0.48	0	50	1.8
Milk	25.5	0.0	730	0	0.25	1.10	5	125	0.4
Rice	7.4	1.0	300	0	0.54	0.06	0	10	1.1
Soybeans	35.3	4.5	580	22	0.83	0.30	0	277	9.4
Spinach	2.9	2.2	21	9,377	0.01	0.05	28	10	3.10

