

	Centum vitamin mg/100g	DAP mg/100g	MirGro 10-18-21 mg/100g	soy isolate mg/100g	soy protein mg/100g	nuti yeast mg/100g	Brewers Yeast mg/100g	active yeast mg/100g	soy beans mg/100g	soy flour mg/100g	Marmite mg/100g	kidney beans mg/100g	wheat germ mg/100g	flax linseed mg/100g	oat bran mg/100g	oat grain mg/100g	wheat bran mg/100g	rye grain mg/100g	corn grain mg/100g	rice bran mg/100g	wheat grain mg/100g	barley grain mg/100g	oats bran mg/100g	rice bran mg/100g	DME light mg/100g	tomato paste mg/100g
oat / pound oat / 50 grams	\$0.01 (each)	\$0.00	\$0.00	\$0.50	\$0.25	\$0.15	\$0.45	\$0.75	\$0.60	\$0.60	\$0.70	\$1.50	\$1.50	\$0.30	\$0.10	\$0.10	\$0.35	\$1.00	\$1.00	\$0.50	\$1.00	\$1.00	\$0.33	\$0.11	\$0.33	\$0.23
Nitrogen Protein		21.000	18.000	8.627 80700	6.211 58100	5.345 60000	4.555 48867	4.054 38300	3.502 36500	3.688 34500	2.572 27800	2.523 25800	2.463 23100	1.358 18300	1.845 17300	1.807 18800	1.697 15500	1.582 14800	1.550 14500	1.422 13300	1.347 12800	1.338 12500	515 8600	802 7500	863 6200	480 4300
Tryptophan				1116	838		500	464	591	502		275	317	237	338	234	282	154	54	108	160	205	123	58		31
Threonine				3137	2474		2100	1583	1766	1500		562	565	786	502	575	500	532	431	588	365	424	295	275		133
Isoleucine				4253	2942		2700	2177	1571	1675		1041	847	698	668	654	486	543	485	568	455	456	283	318		85
Leucine				6762	4517		3700	3057	3203	2812		1862	1571	1235	1374	1284	928	380	1468	1022	854	845	587	620		124
Lysine				5327	3528		3900	3158	2706	2258		1818	1468	826	760	701	600	608	458	650	335	465	123	288		134
Methionine				1130	814		700	755	547	466		355	486	370	335	312	234	248	253	308	201	240	94	165		27
Cystine				1048	886		400	511	685	566		256	458	340	578	406	371	329	200	317	322	276	132	51		46
Phenylalanine				4554	3278		1800	1861	2122	1802		1275	505	597	508	556	556	674	642	638	592	700	395	387		328
Tyrosine				3222	2301		1200	1573	1533	1308		664	704	433	665	573	436	333	465	411	387	355	170	281		66
Valine				4059	3064		2300	2348	2029	1724		1233	1158	1072	564	537	728	747	658	581	586	612	387	440		88
Arginine				6670	4643		2500	2116	3153	2673		1460	1567	1505	1275	1132	1087	813	581	1058	595	625	321	585		102
Histidine				2303	1578		1000	594	1057	501		666	643	472	410	406	430	367	313	358	285	281	205	130		71
Alanine				3889	2677		4300	2833	1515	1627		585	1477	525	572	881	765	711	1156	570	450	486	345	437		132
Aspartic acid				10202	7245		4800	3308	5112	4343		2852	2070	2046	1576	1448	1130	1177	1015	1308	640	773	472	702		661
Glutamic acid				17451	12015		8000	5651	7575	6883		3955	3588	4038	3748	3712	2874	3662	2558	1854	3358	3261	2370	1526		2110
Glycine				3803	2688		2300	1861	1580	1557		520	1424	1248	547	641	856	701	533	573	525	452	387	385		35
Proline				4360	3237		2400	1633	2373	2020		1000	1231	806	582	534	882	1451	1047	668	1283	1484	576	352		75
Serine				4954	3365		2400	1888	2357	2002		1282	1102	570	550	750	684	651	732	662	586	527	375	385		126
Calcium	200			175	383		111	64	277	206	36	143	35	235	55	54	73	33	25	57	25	213	47	33	61	38
Iron	6			14.5	10.8	4.5	15	16.6	15.7	6.4	3.7	8.2	6.3	8.7	9.4	4.7	10.8	2.7	2.6	18.5	3.2	7	12.8	1.8	1	3
Magnesium	60		500	35	318	150	100	38	280	429	180	140	235	332	238	177	611	121	143	781	128	120	126	143	72	42
Phosphorus	25	53000	18000	776	839		2333	1250	704	454	104	407	842	624	734	523	1013	374	344	1677	285	555	365	284	236	83
Potassium	42		21000	81	2202		1700	2000	1757	2815	2800	1408	892	813	568	425	1182	284	773	1455	363	575	587	285	320	1014
Sodium				1008	3	31.3	253	50	2	33	3800	24	12	30.0	4	2	2	6	4	5	2	12	580	4	14	38
Zinc	8.8	4.2	50	4	4.4	18.8	10	6.4	4.5	3.5	2.1	2.8	12.3	4.3	3.1	4	7.3	3.7	3.1	6	2.7	2.5	3.5	2	0.1	0.6
Copper	0.72		50	1.6	1	0.5	0.6	0.5	1.7	2.5	0.3	1	0.8	1.2	0.4	0.6	1	0.9	0.3	0.7	0.4	1.05	0.4	0.3		0.4
Manganese	1.5		50	1.5	4.2	0.8	0.6	0.5	2.5	2.3		1	13.3	2.50	9.6	4.3	11.5	2.7	0.5	14.2	4	6.1	2.8	3.7		0.3
Selenium	0.005			0.006	0.008	0	0.2	0.0041	0.0175	0.0075	0.018	3.2	0.0750	0.0254	0.0482		0.0776	0.0353	0.0585	0.0156	0.0707		0.0036			0.0053
Thiamin	1.5			0.2	0.3	80	6	2.4	0.5	0.6	9.7	0.5	1.5	1.6	1.2	0.8	0.9	0.3	0.3	2.8	0.4	0.55	1.1	0.4		0.1
Riboflavin	1.7			0.1	0.1	60.6	4	5.5	0.5	1.2	14.3	0.2	0.5	0.2	0.2	0.1	0.8	0.3	0.2	0.3	0.1	0.5	1.6	0	0.3	0.2
Niacin	20			1.4	0.7	350	35	39.8	1.6	4.3	37	2.1	6.8	3.1	0.9	1	13.6	4.3	8.2	34	9.5	6.6	14.7	4.3	8.1	3.1
Vitamin B6	2			0.1	0.1	80	4	1.5	0.4	0.5	1.3	0.4	61.3	0.5	0.2	0.1	1.3	0.3	1.1	4.1	0.3	0.55	1.8	0.5		0.2
Folate	0.4			0.176	0.34	1.5	0.2	2.34	0.375	0.345	1.01	0.354	0.281	0.087	0.052	0.096	0.075	0.06	0.111	63	0.028	0.05	0.259	0.02	12	8.01
Vitamin B12				0		0.0487		0	0		0.0005	0	0	0	0	0	0.002	0	0	0	0	0.0051	0			
Pantothenic A	0.5			0.1	0.1	6.3	2	11.2	0.8	1.6		0.6	2.3	1	1.5	1.3	2.2	1.9	1.6	7.4	1	0.7	0.5	1.5		0.1
Choline				151				32	156	151	65.1				78.7	32.2	32.3	74.4	30.4	32.2	31.2	127.3	25	44		
Biotin	0.3						0.1667									0.06				10.8		0.05				
Inositol (B8)							300																			
Total Carbs				7400	30500	31300	30000	38200	30200	35200	11800	60000	51800	34800	66200	66300	64500	63800	66500	45700	71200	72800	77400	76200	71300	18500
Dietary Fiber				5600	5500	25000	20000	21000	5300	5800	3000	24500	13200	8700	15400	10800	42800	14600	20500	21000	12200	7800	11100	3400		4100
Starch														0		55000			29000			31000	31100	73950		200
Sugars				0	20000	6300		0	7300	7500		2200		1500	1500	3500	400	1000	21300	360	400		25900		57000	12200
Total Fat				3400	500	3100	3333	4800	15900	20600	100	500	5700	42200	7000	6500	4300	2500	10600	20800	1500	2300	2200	2700		500
Saturated Fat				400	100			600	2500	3000		100	1700	3700	1300	1200	600	300	2000	4200	300	500	400	500		100
Monounsaturated Fat				600	100			2600	4400	4800		100	1400	7500	2400	2200	600	300	3700	7900	200	300	300	1000		100
Polyunsaturated Fat				1800	200			0	11300	11700		500	6000	28700	2800	2500	2200	1100	4500	7900	600	1100	700	1000		200
Omega-3				155	24																					