

| | Centrum vitamin mg/lab | DAP mg/100g | MirGro mg/100g | unflavored gelatin mg/100g | soy isolate mg/100g | soy protein mg/100g | nutri yeast mg/100g | Brewer's Yeast mg/100g | defatted soy meal mg/100g | active yeast mg/100g | soy beans mg/100g | soy flour mg/100g | Marmite mg/100g | bee pollen mg/100g | kidney beans mg/100g | wheat germ mg/100g | flax seed 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 | Wheat- suk mg/100g | Raisin Bran mg/100g | rice grain mg/100g | DME light mg/100g | tomato paste mg/100g | |
|---------------------------------|------------------------------|------------------|-------------------|----------------------------------|---------------------------|---------------------------|---------------------------|------------------------------|---------------------------------|----------------------------|-------------------------|-------------------------|--------------------|--------------------------|----------------------------|--------------------------|-------------------------|------------------------|-------------------------|--------------------------|-------------------------|--------------------------|-------------------------|---------------------------|----------------------------|--------------------------|---------------------------|--------------------------|-------------------------|----------------------------|----|
| cost / pound cost / 50 grams | \$0.01 (each) | \$3.00 \$0.33 | \$4.00 \$0.44 | \$3.90 \$0.39 | \$7.85 \$0.89 | \$8.29 \$0.89 | \$8.76 \$0.74 | \$7.49 \$0.52 | \$2.80 \$0.29 | \$3.75 \$0.41 | \$2.80 \$0.29 | \$2.80 \$0.29 | \$22.70 \$2.50 | \$17.05 \$1.88 | \$1.96 \$0.22 | \$1.35 \$0.15 | \$2.99 \$0.33 | \$1.50 \$0.17 | \$1.00 \$0.11 | \$0.99 \$0.10 | \$1.00 \$0.11 | \$1.00 \$0.11 | \$0.95 \$0.10 | \$1.00 \$0.11 | \$1.00 \$0.11 | \$2.96 \$0.33 | \$2.96 \$0.33 | \$1.00 \$0.11 | \$3.00 \$0.33 | \$2.08 \$0.23 | |
| Nitrogen | | 21000 | 18000 | 9151 | 8827 | 8211 | 5345 | 4989 | 4811 | 4094 | 3902 | 3688 | 2972 | 2576 | 2523 | 2489 | 1956 | 1849 | 1807 | 1867 | 1582 | 1550 | 1422 | 1347 | 1336 | 1229 | 919 | 802 | 663 | 460 | |
| Protein | | | | 89500 | 80700 | 58100 | 50000 | 48657 | 45000 | 38300 | 36500 | 34500 | 27900 | 24100 | 23600 | 23100 | 18300 | 17300 | 16200 | 15900 | 14800 | 14500 | 13300 | 12600 | 12500 | 11500 | 8600 | 7900 | 6200 | 4300 | |
| Tryptophen | | | | 0 | 1116 | 835 | | 800 | 893 | 484 | 591 | 502 | | | 279 | 317 | 297 | 335 | 234 | 282 | 154 | 94 | 108 | 160 | 208 | | 123 | 96 | | 31 | |
| Threonine | | | | 1475 | 5137 | 2474 | | 2100 | 1952 | 1989 | 1795 | 1500 | | | 262 | 268 | 786 | 502 | 575 | 500 | 532 | 431 | 589 | 385 | 424 | | 295 | 275 | | 133 | |
| Isoleucine | | | | 1158 | 4293 | 2942 | | 2700 | 2180 | 2177 | 1971 | 1675 | | | 1041 | 847 | 896 | 998 | 804 | 488 | 549 | 489 | 569 | 456 | 456 | | 283 | 318 | | 89 | |
| Leucine | | | | 2454 | 6782 | 4917 | | 3700 | 3860 | 3997 | 3309 | 2812 | | | 1892 | 1571 | 1235 | 1374 | 1264 | 928 | 980 | 1488 | 1022 | 854 | 848 | | 587 | 820 | | 124 | |
| Lysine | | | | 3440 | 5927 | 3905 | | 3900 | 2991 | 2138 | 2795 | 2295 | | | 1816 | 1468 | 828 | 790 | 701 | 800 | 805 | 498 | 680 | 338 | 485 | | 123 | 286 | | 134 | |
| Methionine | | | | 906 | 1130 | 814 | | 700 | 808 | 759 | 547 | 468 | | | 388 | 456 | 370 | 335 | 312 | 234 | 245 | 293 | 308 | 201 | 240 | | 94 | 169 | | 27 | |
| Cystine | | | | 0 | 1048 | 898 | | 400 | 724 | 511 | 856 | 588 | | | 259 | 458 | 340 | 576 | 406 | 371 | 329 | 200 | 317 | 322 | 278 | | 132 | 91 | | 46 | |
| Phenylalanine | | | | 1737 | 4594 | 3276 | | 1800 | 2346 | 1891 | 2122 | 1802 | | | 1275 | 908 | 957 | 908 | 866 | 595 | 874 | 642 | 639 | 592 | 700 | | 399 | 387 | | 328 | |
| Tyrosine | | | | 308 | 3222 | 2301 | | 1200 | 1700 | 1579 | 1539 | 1306 | | | 664 | 704 | 460 | 668 | 573 | 438 | 339 | 488 | 411 | 387 | 358 | | 170 | 261 | | 86 | |
| Valine | | | | 2081 | 4099 | 3084 | | 2900 | 2243 | 2345 | 2029 | 1724 | | | 1235 | 1168 | 1072 | 954 | 937 | 728 | 747 | 688 | 561 | 558 | 612 | | 387 | 440 | | 88 | |
| Arginine | | | | 6817 | 6870 | 4843 | | 2900 | 3487 | 2116 | 3135 | 2679 | | | 1460 | 1807 | 1025 | 1279 | 1192 | 1067 | 813 | 581 | 1058 | 585 | 625 | | 321 | 569 | | 102 | |
| Histidine | | | | 952 | 2303 | 1576 | | 1000 | 1212 | 994 | 1097 | 931 | | | 688 | 643 | 472 | 410 | 406 | 430 | 387 | 313 | 358 | 285 | 281 | | 208 | 190 | | 71 | |
| Alanine | | | | 5008 | 3589 | 2677 | | 4300 | 2117 | 2533 | 1915 | 1627 | | | 968 | 1477 | 925 | 872 | 861 | 795 | 711 | 1156 | 979 | 450 | 456 | | 349 | 437 | | 133 | |
| Aspartic acid | | | | 5096 | 10292 | 7249 | | 4800 | 5651 | 3905 | 5112 | 4343 | | | 2852 | 2070 | 2046 | 1578 | 1448 | 1130 | 1177 | 1013 | 1306 | 640 | 779 | | 472 | 702 | | 661 | |
| Glutamic acid | | | | 6753 | 17451 | 12015 | | 8000 | 8705 | 5681 | 7875 | 6889 | | | 3956 | 3666 | 4038 | 3748 | 3712 | 2674 | 3682 | 2358 | 1854 | 3696 | 3261 | | 2370 | 1828 | | 2110 | |
| Glycine | | | | 19261 | 3603 | 2686 | | 2300 | 2076 | 1861 | 1890 | 1567 | | | 920 | 1424 | 1248 | 947 | 841 | 898 | 791 | 539 | 579 | 528 | 452 | | 387 | 369 | | 95 | |
| Proline | | | | 12295 | 4960 | 3297 | | 2400 | 2629 | 1833 | 2379 | 2020 | | | 1000 | 1231 | 806 | 952 | 934 | 892 | 1491 | 1047 | 688 | 1269 | 1484 | | 576 | 352 | | 75 | |
| Serine | | | | 2605 | 4584 | 3369 | | 2400 | 2605 | 1895 | 2387 | 2002 | | | 1282 | 1100 | 970 | 890 | 750 | 894 | 681 | 732 | 662 | 586 | 527 | | 376 | 286 | | 129 | |
| Calcium | 200 | | | | 58 | 178 | 393 | | 111 | 244 | 84 | 277 | 208 | 88 | 80 | 143 | 39 | 258 | 58 | 54 | 73 | 33 | 25 | 97 | 29 | 213 | 100 | 47 | 33 | 61 | 36 |
| Iron | 6 | | | | 1.1 | 14.5 | 10.6 | 4.5 | 19 | 13.7 | 16.6 | 15.7 | 8.4 | 3.7 | 6.3 | 6.2 | 8.3 | 5.7 | 5.4 | 4.7 | 10.6 | 2.7 | 2.6 | 18.5 | 3.2 | 7 | 5.2 | 12.6 | 1.6 | 1 | 3 |
| Magnesium | 60 | | | 500 | 22 | 38 | 319 | 190 | 100 | 308 | 98 | 260 | 429 | 180 | 52 | 140 | 299 | 392 | 235 | 177 | 611 | 121 | 149 | 781 | 128 | 120 | 92 | 126 | 143 | 72 | 42 |
| Phosphorus | 25 | 53000 | 16000 | 39 | 778 | 639 | | 2333 | 701 | 1290 | 704 | 494 | 104 | 90 | 407 | 842 | 624 | 734 | 523 | 1013 | 374 | 344 | 1677 | 286 | 958 | 172 | 365 | 264 | 236 | 83 | |
| Potassium | 42 | | 21000 | 16 | 81 | 2292 | | 1700 | 2490 | 2900 | 1797 | 2515 | 2600 | 222 | 1406 | 892 | 813 | 998 | 429 | 1182 | 284 | 775 | 1458 | 383 | 975 | 549 | 567 | 286 | 320 | 1014 | |
| Sodium | | | | 198 | 1005 | 3 | 31.3 | 233 | 3 | 50 | 2 | 13 | 3500 | 5 | 24 | 12 | 30 | 4 | 2 | 2 | 8 | 4 | 5 | 2 | 12 | 387 | 580 | 4 | 14 | 98 | |
| Zinc | 6.8 | 4.2 | 50 | 0.1 | 4 | 4.4 | 18.5 | 10 | 5.1 | 6.4 | 4.9 | 3.9 | 2.1 | 5.59 | 2.6 | 12.3 | 4.3 | 3.1 | 4 | 7.3 | 3.7 | 3.1 | 6 | 2.7 | 2.5 | 1.7 | 3.5 | 2 | 0.1 | 0.6 | |
| Copper | 0.72 | | 50 | 2.2 | 1.6 | 1 | 8.6 | 0.6 | 2 | 0.9 | 1.7 | 2.9 | 0.3 | 1.6 | 1 | 0.8 | 1.2 | 0.4 | 0.6 | 1 | 0.5 | 0.3 | 0.7 | 0.4 | 1.06 | 0.2 | 0.4 | 0.3 | | 0.4 | |
| Manganese | 1.5 | | 50 | 0.1 | 1.5 | 4.2 | 0.6 | 0.6 | 3.8 | 0.9 | 2.5 | 2.3 | | 0 | 1 | 13.3 | 2.9 | 5.6 | 4.9 | 11.5 | 2.7 | 0.9 | 14.2 | 4 | 6.1 | | 2.8 | 3.7 | | 0.3 | |
| Selenium | 0.055 | | | 0.0269 | 0.095 | 0.0908 | 0 | 0.2 | 0.0333 | 0.0241 | 0.0178 | 0.0075 | 0.018 | 0 | 3.2 | 0.0792 | 0.0254 | 0.0482 | | 0.0778 | 0.0393 | 0.0695 | 0.0156 | 0.0707 | | 0.0569 | 0.0038 | | | 0.0053 | |
| Thiamin | 1.5 | | | 0.003 | 0.2 | 0.3 | 60 | 8 | 0.7 | 2.4 | 0.9 | 0.6 | 9.7 | 0.36 | 0.5 | 1.8 | 1.6 | 1.2 | 0.8 | 0.5 | 0.3 | 0.3 | 2.8 | 0.4 | 0.56 | 1.1 | 1.1 | 0.4 | | 0.1 | |
| Riboflavin | 1.7 | | | 0.2 | 0.1 | 0.1 | 80.6 | 4 | 0.3 | 5.9 | 0.9 | 1.2 | 14.3 | 0.854 | 0.2 | 0.9 | 0.2 | 0.2 | 0.1 | 0.6 | 0.3 | 0.2 | 0.3 | 0.1 | 0.5 | 1 | 1.8 | 0 | 0.3 | 0.2 | |
| Niacin | 20 | | | 0.1 | 1.4 | 0.7 | 390 | 35 | 2.8 | 39.8 | 1.6 | 4.3 | 97 | 4.6 | 2.1 | 6.8 | 3.1 | 0.9 | 1 | 13.6 | 4.3 | 6.2 | 34 | 5.9 | 6.6 | 9.7 | 14.7 | 4.3 | 8.1 | 3.1 | |
| Vitamin B6 | 2 | | | 0 | 0.1 | 0.1 | 60 | 4 | 0.6 | 1.9 | 0.4 | 0.5 | 1.3 | 0.39 | 0.4 | 61.3 | 0.9 | 0.2 | 0.1 | 1.3 | 0.3 | 1.1 | 4.1 | 0.3 | 0.55 | 0.5 | 1.8 | 0.5 | | 0.2 | |
| Folate | 0.4 | | | 0.03 | 0.176 | 0.34 | 1.5 | 0.2 | 0.303 | 2.34 | 0.375 | 0.348 | 1.01 | | 0.394 | 0.281 | 0.087 | 0.062 | 0.058 | 0.079 | 0.08 | 0.111 | 63 | 0.036 | 0.06 | 0.046 | 0.258 | 0.02 | 12 | 0.01 | |
| Vitamin B12 | | | | 0 | 0 | | 0.0457 | | | 0 | 0 | | 0.0006 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.0051 | 0 | | |
| Pantothenic A | 0.5 | | | 0.1 | 0.1 | 0.1 | 6.3 | 2 | 2 | 11.3 | 0.8 | 1.6 | | | 0.8 | 2.3 | 1 | 1.5 | 1.3 | 2.2 | 1.5 | 1.6 | 7.4 | 1 | 0.7 | | 0.9 | 1.5 | | 0.1 | |
| Choline | | | | 38.5 | 191 | | | | | 32 | 116 | 191 | 86.1 | | | | 78.7 | 32.2 | 92.3 | 74.4 | 30.4 | | 32.2 | 31.2 | 127.3 | 23.1 | 29 | 44 | | | |
| Biotin | 0.3 | | | | | | | 0.1647 | 300 | | | | | | | | | | | 0.95 | | | | 10.8 | 0.06 | | | | | | |
| Inositol (B6) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbs | | | | 0 | 7400 | 39900 | 31300 | 30600 | 40100 | 38200 | 36200 | 35200 | 11800 | 43800 | 90600 | 51800 | 34800 | 86200 | 66200 | 64900 | 69800 | 68800 | 46790 | 71200 | 73800 | 77400 | 77400 | 78200 | 71300 | 18900 | |
| Dietary Fiber | | | | 0 | 5600 | 9500 | 29000 | 20600 | | 21000 | 9300 | 9800 | 3000 | 7700 | 24900 | 13200 | 8700 | 19400 | 10600 | 42800 | 14800 | 30900 | 21000 | 12200 | 7800 | 11400 | 11100 | 3400 | | 4100 | |
| Starch | | | | 0 | | | | | | | | | | | | | 0 | | 58000 | | | 25000 | | | 31000 | | 31100 | 73850 | | 200 | |
| Sugars | | | | 0 | 0 | 20000 | 8300 | | | 0 | 7300 | 7500 | | | 2200 | | 1500 | 1500 | 3500 | | 400 | 1000 | 900 | 400 | | 2000 | 29900 | | 57000 | 12200 | |
| Total Fat | | | | 0.1 | 3400 | 500 | 3100 | 3333 | 2400 | 4800 | 19900 | 20600 | 100 | 4.9 | 500 | 9700 | 42200 | 7000 | 6900 | 4300 | 2500 | 10600 | 20600 | 1500 | 2900 | 2800 | 2200 | 2700 | | 500 | |
| Saturated Fat | | | | 0.1 | 400 | 100 | | | 300 | 600 | 2900 | 3000 | | 3500 | 100 | 1700 | 3700 | 1300 | 1200 | 800 | 300 | 2000 | 4200 | 300 | 900 | 500 | 400 | 500 | | 100 | |
| MonoUnsaturated Fat | | | | 0.1 | 600 | 100 | | | 400 | 2600 | 4400 | 4600 | | 500 | 100 | 1400 | 7500 | 2400 | 2200 | 800 | 300 | 3700 | 7500 | 200 | 300 | 400 | 300 | 1000 | | 100 | |
| PolyUnsaturated Fat | | | | 0 | 1800 | 200 | | | 100 | 0 | 11300 | 11700 | | 540 | 500 | 8000 | 29700 | 2800 | 2500 | 2200 | 1100 | 4900 | 7500 | 600 | 1100 | 1300 | 700 | 1000 | | 200 | |
| Omega-3 | | | | | 166 | 24 | </ | | | | | | | | | | | | | | | | | | | | | | | | |