

Nutrition and AI of Opal Basil Microgreens.

<b>Vitamin K*</b>			# oz of Opal Basil microgreen
<b>Life Stage</b>	AI* in mcg	RDA*	required to meet AI
0-6 mo.	2		0.02
7-12 mo.	2.5		0.02
1-3 y	30		0.27
4-8 y	55		0.49
<b>females</b>			
9-13	60		0.54
14-18	75		0.67
19-30	90		0.80
31-50	90		0.80
51-70	90		0.80
70+	90		0.80
<b>Pregnancy</b>			
14-18	75		0.67
19-30	90		0.80
31-50	90		0.80
<b>Lactation</b>			
14-18	75		0.67
19-30	90		0.80
31-50	90		0.80
<b>Males</b>			
9-13	60		0.54
14-18	75		0.67
19-30	120		1.07
31-50	120		1.07
51-70	120		1.07
70+	120		1.07
*			
<b>Vitamin K is also known as Phylloquinone.</b>			
<b>AI - Adequate Intake</b>			
<b>RDA - Recommended Daily Allowance</b>			
<b>AI, EAR and RDA taken from National Institutes of Health.</b>			
<b>Micro-green nutritional analysis taken from University of Maryland Study.</b>			