



Mussels

Contains: Riboflavin, Niacin, Folate, Biotin, Iron, Zinc, Copper
High in: Omega-3, Protein, Vitamin B12, Phosphorus, Selenium, Iodine

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	312	4
Energy (kcal)	74	4
Fat (g)	1.8	3
Of which saturates (g)	0.4	2
Of which monounsaturates (g)	0.3	
Of which polyunsaturates (g)	0.6	
Omega-3 – EPA + DHA (mg)	400	
Of which EPA (mg)	300	
Of which DHA (mg)	100	
Carbohydrate (g)	2.5	1
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	12.1	24
Salt (g)	0.73	12

- Low in fat
- Low in saturates
- Low in sugars

Source: Revised Composition of Foods Integrated Data Set (CoFids).

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	No data	No data
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	0.74	6
Thiamin (B1) (mg)	0.02	2
Riboflavin (B2) (mg)	0.35	25
Niacin (B3) (mg)	4.2	26
Vitamin B6 (mg)	0.08	6
Vitamin B12 (mcg)	19	760
Folate (mcg)	37	19
Pantothenic acid (mg)	0.39	7
Biotin (mcg)	7	15
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	90	5
Calcium (mg)	38	5
Magnesium (mg)	23	6
Phosphorus (mg)	240	34
Iron (mg)	2.5	18
Copper (mg)	0.22	22
Zinc (mg)	2.5	25
Manganese (mg)	0.19	10
Selenium (mcg)	51	93
Iodine (mcg)	140	93

Nutritional Profile

Mussels

The benefits of macronutrients, vitamins and minerals



Protein

- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones
- is needed for normal growth and development of bone in children

Riboflavin (Vitamin B2)

- the reduction of tiredness and fatigue
- the maintenance of normal skin
- the maintenance of normal vision
- the normal functioning of the nervous system
- the maintenance of normal red blood cells
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes
- the normal metabolism of iron
- the protection of cells from oxidative stress

Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

Folate

- the reduction of tiredness and fatigue
- the normal function of the immune system
- normal blood formation
- normal psychological function
- maternal tissue growth during pregnancy
- normal amino acid synthesis
- normal homocysteine metabolism
- has a role in the process of cell division

Biotin

- the maintenance of normal hair
- the maintenance of normal skin
- the normal functioning of the nervous system
- normal psychological function
- the maintenance of normal mucous membranes
- normal energy-yielding metabolism
- normal macronutrient metabolism

Phosphorus

- the maintenance of normal bones
- the maintenance of normal teeth
- is needed for the normal growth and development of bone in children

Iron

- the reduction of tiredness and fatigue
- normal cognitive function
- the normal function of the immune system
- normal formation of red blood cells and haemoglobin
- normal oxygen transport in the body
- normal energy-yielding metabolism
- has a role in the process of cell division
- normal cognitive development of children

Zinc

- the maintenance of normal bone
- the maintenance of normal hair
- the maintenance of normal nails
- the maintenance of normal skin
- the maintenance of normal vision
- the normal function of the immune system
- normal cognitive function
- the maintenance of normal testosterone levels in the blood
- normal fertility and reproduction
- the protection of cells from oxidative stress
- has a role in the process of cell division
- normal DNA synthesis
- normal acid-base metabolism
- normal carbohydrate metabolism
- normal macronutrient metabolism
- normal metabolism of fatty acids
- normal metabolism of vitamin A
- normal protein synthesis

Copper

- normal hair pigmentation
- normal skin pigmentation
- the normal function of the immune system
- normal functioning of the nervous system
- maintenance of normal connective tissues
- normal iron transport in the body
- normal energy-yielding metabolism
- the protection of cells from oxidative damage
- normal energy-yielding metabolism
- normal function of cell membranes

Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis

Nutritional Profile

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Iodine

- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism

Omega-3

DHA and EPA

- the normal function of the heart (the claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim 'source of omega-3 fatty acids'. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)

DHA

- the maintenance of normal brain function (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)
- the maintenance of normal vision (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)