

Nutritional Analysis Overview

With LA Testing

LA Testing offers full Nutritional Labeling services. The two most common methods for determining the nutritional content of a product are Laboratory Based Analysis and Database Analysis.

Laboratory Based Analysis:

This method simply requires the client to send in the product(s) to be tested (minimum of 500g of sample needed). The laboratory utilizes scientific methods and equipment to physically analyze your sample for the various components that make up the nutritional information needed. Virtually any food sample can be analyzed with the laboratory based method.

Database Analysis:

This method requires that the client sends in detailed information about each product such as recipe, nutritional facts per 100g of each ingredient, and pre and post processing weights. Not all food types are appropriate for the Database method. The Database method is conducted strictly via paperwork (email, fax, phone etc), no physical sample is required for analysis.

Camera Ready Nutrition Facts Panel:

When the appropriate analysis is selected and performed LA Testing can provide a camera ready nutrition facts panel, ready for labeling, based on the data derived from analysis. Several formats are available:

Nutrition Facts	
Serving Size 1 cookie (32g)	
Servings Per Container 3	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts		Nutrition Facts		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Total Fat 9g	14%	Total Carbohydrate 16g	5%	Calories: 2,000	2,500
Saturated Fat 5g	25%	Dietary Fiber 2g	8%	Total Fat	Less than 65g 80g
Trans Fat 0g		Sugars 4g		Saturated Fat	Less than 20g 25g
Cholesterol 0mg	0%	Protein 4g		Cholesterol	Less than 300mg 300mg
Sodium 70mg	3%			Sodium	Less than 2,400mg 2,400mg
Vitamin A 0% • Vitamin C 0%		Calcium 6%	• Iron 10%	Total Carbohydrate	300g 375g
				Dietary Fiber	25g 30g
				Calories per gram:	
				Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts Serving Size 1 cookie (32g), Servings Per Container 3, Amount Per Serving: **Calories** 160, Calories from Fat 80, **Total Fat** 9g (14% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 70mg (3% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 2g (8% DV), Sugars 4g, **Protein** 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Contact LA Testing today to arrange for the Complete Nutritional Analysis package that is right for you!



Laboratory Nutritional Analysis With LA Testing

LA Testing offers Laboratory based Nutritional analysis compliant with FDA Labeling Laws. Laboratory based nutritional analysis methods require a physical sample of the product(s) be sent to the laboratory. The samples are then prepped and analyzed in the laboratory using various scientific instruments and techniques to yield data that is specific and unique to the product.

Laboratory based nutritional analysis can be used for virtually any food type. This method can be used when:

- General Nutritional Labeling needs
- Validating manufacturer / supplier nutritional information
- Validating data generated from software based database analysis
- Product contains unique or exotic ingredients or processing techniques
- Analyzing food for animals (pet foods and agricultural feeds)
- Accurate nutrient per 100g values are needed for CoFA's or Database inclusion

Reports will feature values per 100g and per serving size (when provided) of the product. Where applicable, % RDI and % DV values will also be provided. Additional voluntary nutrients, vitamins and minerals are available – please inquire.

Laboratory Based Nutritional Analysis for Mandatory Nutrients Include:

Parameter	Test Code	Turn Around Time			
		4 weeks	3 weeks	2 weeks	1 week
Complete Nutritional Analysis (includes F202-F216)	F201	\$525	\$650	\$750	\$1,400
Protein	F202	\$25	\$35	\$45	\$50
Moisture	F203	\$20	\$25	\$35	\$40
Ash	F204	\$20	\$25	\$35	\$40
Fat Profile (Includes Total, sat, mono, poly and trans fat)	F205	\$180	\$200	\$225	\$405
Sugar Profile (Includes fructose, sucrose, glucose, maltose, lactose)	F206	\$125	\$145	\$165	\$297
Total Dietary Fiber	F207	\$155	\$175	\$195	\$351
Sodium	F208	\$31	\$33	\$35	\$70
Calcium	F209	\$31	\$33	\$35	\$70
Iron	F210	\$31	\$33	\$35	\$70
Cholesterol	F211	\$130	\$150	\$170	\$190
Vitamin A	F212	\$100	\$120	\$130	\$200
Vitamin C	F213	\$80	\$95	\$110	\$150
Carbohydrates by calculation*	F214	\$15	\$20	\$30	\$54
Calories by calculation*	F215	\$15	\$20	\$30	\$54
Calories from fat	F216	\$15	\$20	\$30	\$54
Camera Ready Nutrition Facts Panel (requires Complete Nutritional Analysis and serving size information)	F218	\$125	\$125	\$125	\$125
Pet Food Nutritional Analysis Specifically for Pet Food Guaranteed Nutritional Analysis (Results expressed in %) Includes: Protein, Moisture, Crude Fat, Crude Fiber	F219	\$90	\$100	\$125	\$250

*Carbohydrate and Calorie content require analysis of: Protein, Moisture, Fat, and Ash



www.FoodTestingLab.com
Volume Discounts Available! Contact Your LA Testing Representative For Details.
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Nutritional Database Analysis

With LA Testing

LA Testing offers Nutritional Database analysis compliant with FDA Labeling Laws. We utilize the prestigious Genesis[®] SQL Database produced by Esha Research.

Nutritional Database analysis requires that the formula for the product, along with detailed information about each ingredient and product processing information, be submitted in writing to the analyzing laboratory. Typically, no physical sample is required to be submitted. Database analysis can be used for products that have common ingredients and products that have minimal processing, cooking, baking or drying.

Database analysis is *not* recommended when validation of nutrients is needed, for products that have unique or exotic ingredients, for products with ingredients for which there is no nutritional data available, or for products that undergo extensive processing. This method can only be used for human foods.

Comprehensive Database Analysis – F217		
<i>Nutritional Database Analysis Report Options Include:</i>	TAT	List Price per product
- Recipe Overview	2 weeks	\$220
- Ingredient Statement	1 week	\$275
- Allergen Statement (optional)	4 days *	\$300
- Nutrient Content Claims	3 days*	\$330
- Nutrient Value per Serving	2 days*	\$385
- Camera Ready Nutrition Facts Panel	1 day*	\$550

NOTE: To avoid ingredient research surcharge (\$50 per ingredient) and testing delays, please be prepared to submit the nutritional data, per 100g, for each ingredient in the product formula. Additionally, provide all measurements in weight units (g or oz). If volume units are used please provide weight to volume conversions. Serving sizes must be provided by weight, household measurements can be included, but are optional. Serving per container information may be submitted, but is optional. If product undergoes heated processing, pre-processing and post-processing weights should be included. Not all products are appropriate for database analysis.

*Contact your laboratory prior to sample submittal for availability and restrictions.



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