

Vitamins.

Insect	Vit A	β -Carotene	Vit E	Vit B1	Vit B2	Vit B3
Amount per 100 g	μ g Retinol	μ g	a-Tocopherol mg	Thiamin mg	Riboflavin mg	Niacin mg
Pinkies Topinsect	< 21	422	0,43	0,057	0,255	2,2
Buffaloworms Topinsect	< 21	< 5	0,742	0,22	0,386	2,46
Wax moth larvae	4	n/a	2.1	0.56	1.76	9.0
Mealworm beetle	n/a	n/a	n/a	0.27	2.34	15.5
Mealworm larvae	24	n/a	2.0	0.63	2.13	10.7
Morio worms larvae	29	n/a	2.1	0.15	1.78	7.7
Adult house cricket	24	n/a	4.3	0.12	11.07	12.5
Other food by comparison						
Apple	9	n/a	n/a	0.02	0.02	0,09
Cauliflower	1	n/a	n/a	0.04	0.05	n/a
Whole milk	36	n/a	n/a	0.04	0.17	n/a
Cod	11	n/a	n/a	0.12	0.15	n/a
Lean veal	0	n/a	n/a	0.12	0.23	n/a
Chicken	30	n/a	n/a	0.07	0.11	n/a

Analyses conducted on the total raw weight - n/a = not available or unknown © copyright - ® Topinsect

Insect	Vit B5	Vit B6	Vit B9 (=B11)	Vit H	Vit B12	Vit B4
Amount per 100 g	Pantothen mg	Pyridoxin mg	Folic acid mg	Biotine mg	Cobalamin μ g	Choline mg
Pinkies Topinsect	0,887	0,262	0,0535	0,0673	0,50	72,7
Buffaloworms Topinsect	1,63	0,159	0,0389	0,02	0,287	447
Wax moth larvae	4.9	0.31	0.11	0.07	n/a	395,3
Mealworm beetle	6.6	2.24	0.38	0.08	1.54	667,1
Mealworm larvae	6.9	2.11	0.41	0.08	1.23	483,9
Morio worms larvae	4.6	0.76	0.16	0.08	1.01	412,4
Adult house cricket	7.5	0.75	0.49	0.06	17.43	493,2
Other food by comparison						
Apple	0,06	0,05	0,003	n/a	0	n/a
Cauliflower	n/a	0,2	0,044	n/a	0	n/a
Whole milk	n/a	0,04	0,004	n/a	0.47	168
Cod	n/a	0,15	0,008	n/a	0.20	335
Lean veal	n/a	0,3	0,004	n/a	3.20	513
Chicken	n/a	0,7	0,008	n/a	0.20	326

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