

Table 2. Mineral Elements in the Whole Yeast Cells (WY) and Phosphorylated Yeast Protein Concentrate (PPC)^a

element	results (mg/100 g)		RDA ^b (mg/day)
	WY	PPC	
Na	6.3 ± 0.3	308.0 ± 40	2000
Ca	147.7 ± 1.4	13.3 ± 0.3	1200
Mg	143.5 ± 0.3	8.2 ± 0.4	350
P	1516.0 ± 20.0	5248.0 ± 101	1200
K	2035.0 ± 5.0	68.0 ± 3	2500
Fe	38.0 ± 0.7	12.3 ± 0.3	10–15
Mn	1.4 ± 0.01	0.2 ± 0.0	2–5
Zn	12.7 ± 0.1	2.0 ± 0.1	10–15
Cu	4.9 ± 0.03	3.6 ± 0.1	2–3

^a Mean of three analytical determinations ± standard deviation. ^b Recommended daily allowance, according to NAS (32), for young adults.