

Appendix 1

Comparative Table of Results

All of my results are listed here side by side for easier viewing and comparing. I've also added a column with the mineral values of an average serving of raw kale for contrast (as taken from the website www.nutritiondata.com).

Analytical Results Compared									
Minerals	Water	8hr Broth (Deer Bones)	12hr Broth (Bison Bones)	24hr Broth (Bison Bones)	Nettle / Dandelion Broth (3hr)	9hr Broth (Beef Bones)	Sediment (Beef Bones)	9hr Broth + Sediment** (Beef Bones)	Raw Kale 100g Serving
<i>Boron (B)</i>	<0.05 mg/L	N/A	<0.05 mg/L	<0.05 mg/L	0.655 mg/L	3.59 mg/L	4.92 mg/L	3.74 mg/L	N/A
<i>Calcium (Ca)</i>	29.5 mg/L	111.6 mg/L	6.61 mg/L	27.2 mg/L	237.0 mg/L	16.7 mg/L	2764.0 mg/L	99.62 mg/L	135 mg
<i>Chromium (Cr)</i>	<0.01 mg/L	N/A	<0.01 mg/L	<0.01 mg/L	<0.01 mg/L	0.011 mg/L	0.039 mg/L	0.012 mg/L	N/A
<i>Copper (Cu)</i>	0.032 mg/L	0.08 mg/L	0.017 mg/L	0.035 mg/L	0.093 mg/L	0.109 mg/L	0.148 mg/L	0.113 mg/L	0.3 mg
<i>Iron (Fe)</i>	0.034 mg/L	2.43 mg/L	0.125 mg/L	0.245 mg/L	0.204 mg/L	0.485 mg/L	5.29 mg/L	0.634 mg/L	1.7 mg
<i>Magnesium (Mg)</i>	1.2 mg/L	19.0 mg/L	11.1 mg/L	14.7 mg/L	73.2 mg/L	5.27 mg/L	68.6 mg/L	7.33 mg/L	34 mg
<i>Manganese (Mn)</i>	<0.004 mg/L	0.04 mg/L	<0.004 mg/L	<0.004 mg/L	0.556 mg/L	1.51 mg/L	1.47 mg/L	1.55 mg/L	0.8 mg
<i>Phosphorus (P)</i>	0.193 mg/L	N/A	64.6 mg/L	68.0 mg/L	88.5 mg/L	45.4 mg/L	1010.0 mg/L	75.5 mg/L	56 mg
<i>Potassium (K)</i>	2.90 mg/L	416.0 mg/L	420 mg/L	668 mg/L	1850.0 mg/L	<0.03 mg/L	398.0 mg/L	11.97 mg/L	447 mg
<i>Selenium (Se)</i>	None Detected	N/A	1.43 mcg/L	0.35 mcg/L	<0.50 mcg/L	<0.01 mg/L	<0.01 mg/L	<0.01 mg/L	0.4 mg
<i>Silicon (Si)</i>	16.5 mg/L	N/A	9.90 mg/L	16.8 mg/L	88.0 mg/L	9.03 mg/L	8.81 mg/L	9.29 mg/L	0.9 mcg
<i>Sodium (Na)</i>	45.3 mg/L	668.0 mg/L	534.0 mg/L	1060.0 mg/L	70.8 mg/L	428.0 mg/L	511.0 mg/L	443.33 mg/L	43 mg
<i>Strontium (Sr)</i>	0.11 mg/L	N/A	0.011 mg/L	0.030 mg/L	1.21 mg/L	0.025 mg/L	2.25 mg/L	0.093 mg/L	N/A
<i>Sulphate (SO)</i>	11.2 mg/L	N/A	39.3 mg/L	64.2 mg/L	111 mg/L	300.0 mg/L	N/A	≈300.0 mg/L	N/A
<i>Zinc (Zn)</i>	0.05 mg/L	0.59 mg/L	0.075 mg/L	0.158 mg/L	0.59 mg/L	0.231 mg/L	5.04 mg/L	0.38 mg/L	0.4 mg
<i>Total Nitrogen</i>	None Detected	7.8 g/L	9.208 g/L	18.983 g/L	0.448 g/L	12.2 g/L	N/A	≈12.2 g/L	N/A
<i>Total Protein*</i>	None Detected	48.75 g/L	57.5 g/L	118.6 g/L	2.7 g/L	76.25 g/L	N/A	≈76.25 g/L	3.3 g

*Total Protein is calculated from Total Nitrogen using an accepted quotient as these are intrinsically linked. When calculating protein content from animal sources Total Nitrogen is multiplied by a factor of 6.25. I used a factor of 6 for the Nettle/Dandelion broth.

**The mineral values of the sediment were adjusted for volume to account for the limited amount of it. The values shown in this column represent what 1liter of the 9hr beef bone broth would contain if all of the sediment was mixed in to the whole soup equally. See the main article for further details.