

Edible Bird's Nest: Nutritional and Aluminium testing



Introduction

Edible bird's nest (*Aerodramus fuciphagus*) is a natural product formed from the saliva of swiftlets and has been used for centuries in traditional medicine, especially across Asia. In Chinese culture, it is revered as a "royal delicacy" believed to enhance vitality and overall health. With the advancement of science, the health benefits of bird's nest are now being studied and show significant therapeutic potential.

Nutritional Value

Edible bird's nests, formed from the saliva of swiftlets, are renowned as a superfood due to their rich nutritional profile. A bird's nest, the following nutrients are present:

- Protein
- Carbohydrates
- Fat
- Calcium
- Iron
- Phosphorus
- Energy

Nutrition Facts	
Serving Size 100g (3.5oz)	
Amount	% Daily Value
Calories 56	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 4 mg	1%
Carbohydrate 14 g	3%



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AI

Aluminum
26.9815385

Quality Test for Bird's Nests

Edible bird's nest is thoroughly tested for nutritional content and aluminum levels to ensure compliance with food safety standards and international export regulations. With the quality of an internationally accredited laboratory and over 30 years of experience, PT. Eurofins Angler Biochemlab offers the fastest and most accurate testing services. Entrust the quality of your bird's nest products to us. We are equipped with the latest instruments for testing nutritional content, heavy metals, and other essential parameters.

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