MM 23 (M. Tatewaki, pers. comm.)

NaCl	1.8	g
$MgSO_4 \cdot 7H_2O$	500	mg
KCl	60	mg
$NaNO_3$	100	mg
$CaCl_2 \cdot 2H_2O$	36.7	mg
K_2HPO_4	6	mg
Sucrose	400	mg
PII metals	2	mL
$FeCl_3 \cdot 6H_2O$	48	µg
Thiamine HCl	10	µg
Biotin	0.1	µg
Vitamin B_{12}	0.2	µg
C–Source Mix II	1	mL
Tris (hydroxymethyl) aminomethane	100	mg
Distilled water	97	mL
pH 8.0		

P II metals

$Na_2EDTA \cdot 2H_2O$	100	mg
H_3BO_3	114	mg
$FeCl_3 \cdot 6H_2O$	4.9	mg
$MnSO_4 \cdot 4H_2O$	16.4	mg
$ZnSO_4 \cdot 7H_2O$	2.2	mg
$CoSO_4 \cdot 7H_2O$	480	µg
Distilled water	100	mL

Reference

Provasoli, L. 1963 Growing marine seaweeds. In *Proceedings of the Fourth International Seaweed Symposium*, University of Tokyo Press, Tokyo, p. 9-17.

C–Source Mix II (M. Tatewaki, pers. comm.)

Glycine	100 mg
D,L-Alanine	100 mg
L-Aspargine	100 mg
Sodium acetate · $3H_2O$[1)]	200 mg
Glucose	200 mg
L-Glutamic acid	200 mg
Distilled water	100 mL

1) In the NIES-Collection, 200 mg sodium acetate · $3H_2O$ is replaced by 120 mg sodium acetate, anhydrous.